

# CATZ SPORTS FALL 09

## SEPT 8th - DEC 19th

|                          | Monday  | Tuesday            | Wednesday                     | Thursday           | Friday               | Saturday |
|--------------------------|---|--------------------|-------------------------------|--------------------|----------------------|----------|
| <b>Adult Basic</b>       |   |                    |                               |                    |                      |          |
| ages 18+                 | 6:30 PM   | 6:30 PM            | 6:30 PM                       | 6:30 PM            |                      | 10:00 AM |
| <b>Adult Performance</b> |   |                    |                               |                    |                      |          |
| ages 18+                 | 10:30 AM<br>12:00 PM  |                    | 10:30 AM<br>12:00 PM          |                    | 10:30 AM<br>12:00 PM |          |
| <b>Youth Fitness</b>     |   |                    |                               |                    |                      |          |
| ages 10-12               | 5:30 PM<br>6:30 PM<br>7:30 PM   | 5:30 PM<br>6:30 PM | 5:30 PM<br>6:30 PM<br>7:30 PM | 5:30 PM<br>6:30 PM |                      | 11:00 AM |
| <b>Completely Active</b> |   |                    |                               |                    |                      |          |
| ages 6-9                 | ****Completely Active athletes are all currently attending YF Classes |                    |                               |                    |                      |          |
| <b>Performance</b>       |   |                    |                               |                    |                      |          |
| ages 13+                 |   |                    |                               | 4:30 PM            |                      | 12:00 PM |
| <b>Soccer</b>            |   |                    |                               |                    |                      |          |
| ages 13+                 | 5:30 PM   | 5:30 PM            | 5:30 PM                       | 5:30 PM            |                      |          |
| <b>VB/BB</b>             |   |                    |                               |                    |                      |          |
| ages 13+                 | 7:30 PM   |                    | 7:30 PM                       | 7:30 PM            |                      |          |
| <b>Home School</b>       |   |                    |                               |                    |                      |          |
| ages 6 +                 |   |                    | 1:00 PM                       |                    | 1:00 PM              |          |
| <b>Baseball/Softball</b> |   |                    |                               |                    |                      |          |
| ages 13+                 |   | 7:30 PM            |                               | 7:30 PM            |                      |          |