

## SOLUTION FOR YOUR RESOLUTION

## Schedule CB Rec-Center

Mon, Wed, Fri

Jump start 4:30 PM Ages 7-10 Mon, Wed, Fri

Total Performance **5:30 PM** Ages 10-14

(Peak) Parisi Elite Athletic Knowledge

Tues, Thurdays, Fri 7pm Ages 13-17

ACCELERATION - TOP SPEED- STRENGTH
POWER - MULTI-DIRECTIONAL SPEED
MOTIVATION TO REACH YOUR FULL POTENTIAL!

