



Get Started at Parisi Speed School!

Free Program Orientation and Evaluation - Call 851-7171 to Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am						Orientation Evaluation
5:30pm			Orientation Evaluation			

Athletic Training Programs - Unlimited Workouts

Jump Start: Ages 7-11

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am						Jump Start
4:00pm	Jump Start	Jump Start	Jump Start	Jump Start	Jump Start	

Total Performance: Ages 12+

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm	Total Performance COD	Total Performance LS	Total Performance COD (1st Wednesday of the Month is Performance Testing)	Total Performance LS	Total Performance COD	
7:00pm	Strength	Strength	Strength	Strength	Strength	

Monthly Performance Testing

All Parisi Athletes Test First Wednesday and Saturday of the Month

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am						Athletic Performance Testing
5:30pm			Athletic Performance Testing			

<p>Jump start provides foundational athletic skills: Age 7-11. Total Performance LS = Linear speed, COD= Change of Direction. Strength is full body strength training</p>	<p>Parisi Speed School parisi@ddaonline.com (775) 851-7171</p>	<p>Please notify your instructor prior to participation if you have health concerns.</p>
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Effective June 22, 2020