



Speed. Strength. Sportsmanship.

S3 Athletic Development Center
7373 Old Kings Road South
Jacksonville, FL 32217
904-207-6083

www.ymcaS3.org

Effective: January 1, 2008



of Florida's First Coast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ages 7 to 10 1 Hour 3:30pm 4:30pm	Ages 7 to 10 1 Hour 3:00pm 5:00pm	Ages 7 to 10 1 Hour 3:30pm 4:30pm	Ages 7 to 10 1 Hour 3:00pm 5:00pm	Ages 7 - 10 1 Hour 3:30pm 4:30pm	Ages 7 - 10 1 Hour 9:00am
Ages 11 to 13 1 Hour 4:30pm A 5:30pm A 6:30pm A	Ages 11 to 13 1 Hour 4:00pm A 5:00pm A 6:00pm A	Ages 11 to 13 1 Hour 4:30pm S 5:30pm S 6:30pm S	Ages 11 to 13 1 Hour 4:00pm S 5:00pm S 6:00pm S	Ages 11 to 13 1 Hour 4:30pm A 5:30pm A 6:30pm A	Ages 11 to 13 1 Hour 9:00am S
Ages 14 to 18 1.5 Hours 3:00pm S 4:30pm S 6:00pm S	Ages 14 to 18 1.5 Hours 3:00pm S 4:30pm S 6:00pm S	Ages 14 to 18 1.5 Hours 3:00pm A 4:30pm A 6:00pm A	Ages 14 to 18 1.5 Hours 3:00pm A 4:30pm A 6:00pm A	Ages 14 to 18 1.5 Hours 3:00pm S 4:30pm S 6:00pm S	Ages 14 to 18 1.5 Hours 10:00am S
S indicates SPEED training days. A indicates AGILITY training days.					

***Elite Adult Athlete Program 7:30pm-8:30pm Monday & Wednesday** **Team Training 7:30pm Tuesday & Thursday**

Monday	Tuesday	Wednesday	Thursday	Friday	Ask about our S3 Adult Program at: Williams-duPont Yates Winston Barco-Newton
Adults 1 Hour 6:00am 7:00am 8:00am 9:00am 7:30pm Elite	Team Training 7:30pm	Adults 1 Hour 6:00am 7:00am 8:00am 9:00am 7:30pm Elite	Team Training 7:30pm	Adults 1 Hour 6:00am 7:00am 8:00am 9:00am	

****All sessions must be scheduled 24 hours in advance.****

****Notification of a cancelled session must be received 24 hours prior, or session will be forfeited.****

****All sessions will begin promptly at scheduled time.****