



Schedules online at [www.ddaonline.com](http://www.ddaonline.com)

**Call to Schedule your initial Athletic Performance Evaluation**

Level 1 Age 7+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am	Acceleration		Change of Direction		Top Speed	Conditioning
	4:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	5:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	6:30pm						

Level 2 Age 13+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am	Acceleration		Change of Direction		Top Speed	Conditioning
	4:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	5:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
6:30pm							

Level 3 Age 16+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00am						
	3:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	4:30pm						
	5:30pm						
	6:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	

<p>Please notify your instructor prior to participation if you have health concerns.</p>	<p><b>Parisi Speed School</b>  <a href="mailto:parisi@ddaonline.com">parisi@ddaonline.com</a>            (775) 851-7171 #230</p>	<p>Classes are first come first served. To reserve a spot, call the Front Desk. Cost is \$1. Must have active House Account.</p>
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Effective July 22nd, 2010