

6 WEEK PROGRAM

FITNESS FUTSAL & FOOT SKILLS

REGISTER NOW!

JANUARY 9, 16, 23, 30 FEBRUARY 6, 20

SATURDAY

BOYS : BIRTH YEAR: 2008/2007

TIME: 9:00AM - 10:15AM

GIRLS : BIRTH YEAR: 2007/2006

TIME: 10:15AM - 11:30AM

JANUARY 10, 17, 24, 31 FEBRUARY 7, 21

SUNDAY

BOYS : BIRTH YEAR: 2012/2011

TIME: 9:00AM - 10:15AM

BOYS : BIRTH YEAR: 2010/2009

TIME: 10:15AM - 11:30AM

GIRLS : BIRTH YEAR: 2010/2009

TIME: 11:30AM - 12:45PM

PRICE \$105 / \$85

NON CSA PLAYERS

CSA PLAYERS

PROGRAM OUTLINE

-  FITNESS WORKOUT
-  FOOT SKILLS & BALL CONTROL
-  IMPROVE DECISION MAKING ABILITY
-  BUILD CONFIDENCE ON THE BALL
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FUTSAL IS A FUN FAST PACED SMALL SIDED INDOOR GAME THAT ENCOURAGES MANY MORE TOUCHES ON THE BALL. THESE SESSIONS WILL HELP YOUR PLAYERS DRAMATICALLY IMPROVE THEIR FIRST TOUCH, QUICK TURNS, AWARENESS, MOVES, DECISION MAKING AND MORE!

CHECK ONLINE FOR MORE INFORMATION

www.orange.capellisportcenter.com

Call: (845) 651-0440 OR Email: Contactusorange@CapelliSportCenter.com

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