## Indoor Training Schedule 2014-15



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	Location	Time	Class	Day	Dates	Cost
	Twin Ponds West	7-8 pm	Futbol Fundamentals (16 wks)	Mondays	Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22, Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23	\$24
	In The Net	7-8 pm	Futbol Fundamentals (10 wks)	Wednesdays	Nov. 5, 12, 19, 26, Dec. 3, 10, 17, Jan. 7, 14, 21	\$15
	Red Rose	6-7 pm	Futbol Fundamentals (10 wks)	Wednesdays	Nov. 5, 12, 19, 26, Dec. 3, 10, Jan. 7, 14, 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11, 18, 25	\$25
	Yellow Breeches	6-7 pm	Futbol Fundamentals (12 wks)	Thursdays	Nov. 6, 13, 20, Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12	\$18
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X	Location	Time	Class	Day	Dates	Cost
21	Twin Ponds West	7-8 pm	Islanders Juniors	Mondays	Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22	\$13
	Twin Ponds West	8-9 pm	GK/Striker/Defender School	Mondays	Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22	\$13
	Twin Ponds West	8-9 pm	Ball Mastery	Mondays	Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22	\$13
	Red Rose	6-7 pm	Islanders Juniors	Wednesdays	Nov. 5, 12, 19, 26, Dec. 3, 10	\$10
	Red Rose	7-8 pm	GK/Striker/Defender School	Wednesdays	Nov. 5, 12, 19, 26, Dec. 3, 10	\$10
	In The Net	7-8 pm	GK/Striker/Defender School	Wednesdays	Nov. 5, 12, 19, 26, Dec. 3, 10	\$10
	Yellow Breeches	6-7 pm	Islanders Juniors	Thursdays	Nov. 6, 13, 20, Dec. 4, 11, 18	\$10
	Yellow Breeches	7-8 pm	GK/Striker/Defender School	Thursdays	Nov. 6, 13, 20, Dec. 4, 11, 18	\$10
	Sports City	6:30-7:30 pm	Islanders Juniors	Fridays	Nov. 6, 15, 20, Dec. 4, 11, 18 Nov. 7, 14, 21, Dec. 5, 12, 19	\$10
	Sports City	6:30-7:30 pm	Ball Mastery	Fridays	Nov. 7, 14, 21, Dec. 5, 12, 19 Nov. 7, 14, 21, Dec. 5, 12, 19	\$1
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X	Location	Time	Class	Day	Dates	Cost
	Twin Ponds West	7-8 pm	Islanders Juniors	Mondays	Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23	\$1.
	Twin Ponds West	8-9 pm	GK/Striker/Defender School	Mondays	Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23	\$1.
	Twin Ponds West	8-9 pm	Ball Mastery	Mondays	Jan. 5, 12, 19, 26, Feb. 2, 9, 16, 23	\$1.
	Red Rose	6-7 pm	Islanders Juniors	Wednesdays	Jan. 7, 14, 21, 28, Feb. 4, 11	\$10
	Red Rose	7-8 pm	GK/Striker/Defender School	Wednesdays	Jan. 7, 14, 21, 28, Feb. 4, 11, 18, 25	\$13
	Yellow Breeches	6-7 pm	Islanders Juniors	Thursdays	Jan. 8, 15, 22, 29, Feb. 5, 12	\$10
	Yellow Breeches	7-8 pm	Ball Mastery	Thursdays	Jan. 8, 15, 22, 29, Feb. 5, 12	\$10
	Sports City	6:30-7:30 pm	Islanders Juniors	Fridays	Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27	\$13
	Sports City	630-7:30 pm	GK/Striker/Defender School	Fridays	Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27	\$13
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	n 3	Time	Class	Dav	Dates	Cost
	n 3 Location	Time 7-8 pm	Class Islanders Juniors	Day Mondays	Dates Mar 2 9 16 23	Cost
	<b>Location</b> Twin Ponds West	7-8 pm	Islanders Juniors	Mondays	Mar. 2, 9, 16, 23	\$1
	<b>Location</b> Twin Ponds West Twin Ponds West	7-8 pm 7-8 pm	Islanders Juniors Ball Mastery	Mondays Mondays	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23	\$^ \$^
	<b>J</b> Location Twin Ponds West Twin Ponds West Red Rose	7-8 pm 7-8 pm 6-7 pm	Islanders Juniors Ball Mastery Ball Mastery	Mondays Mondays Wednesdays	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23 March 4, 11, 18, 25	\$´ \$´ \$´
Sessio1 X	n 3	Time	Class	Day	Dates	Co
	n 3 Location Twin Ponds West Twin Ponds West Red Rose Sports City Sports City Sports City	7-8 pm 7-8 pm 6-7 pm 6:30-7:30 pm 6:30-7:30 pm below or regis il form to City	Islanders Juniors Ball Mastery Ball Mastery Islanders Juniors Ball Mastery ter on-line at www.cityislanders	Mondays Mondays Wednesdays Fridays Fridays corg. If paying stown Road, St	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23 March 4, 11, 18, 25 Mar. 6, 13, 20, 27 Mar. 6, 13, 20, 27 by check, please make check payable to 'City iite 105, Harrisburg, PA 17110.)	
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X lease co	n 3 Location Twin Ponds West Twin Ponds West Red Rose Sports City Sports City Sports City complete information (Ma	7-8 pm 7-8 pm 6-7 pm 6:30-7:30 pm 6:30-7:30 pm below or regis il form to City or additional que	Islanders Juniors Ball Mastery Ball Mastery Islanders Juniors Ball Mastery ter on-line at www.cityislanders Islanders Academy, 2090 Lingle	Mondays Mondays Wednesdays Fridays Fridays Storg. If paying stown Road, St	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23 March 4, 11, 18, 25 Mar. 6, 13, 20, 27 Mar. 6, 13, 20, 27 by check, please make check payable to 'City iite 105, Harrisburg, PA 17110.) Clair at kim@cityislanders.com.	\$ \$ \$ \$ \$ \$
X lease co yer	n 3 Location Twin Ponds West Twin Ponds West Red Rose Sports City Sports City Sports City complete information (Ma For particular	7-8 pm 7-8 pm 6-7 pm 6:30-7:30 pm 6:30-7:30 pm below or regis il form to City pr additional que	Islanders Juniors Ball Mastery Ball Mastery Islanders Juniors Ball Mastery ter on-line at www.cityislanders Islanders Academy, 2090 Lingle	Mondays Mondays Wednesdays Fridays Fridays store, If paying stown Road, Su pr email Kim St.C	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23 March 4, 11, 18, 25 Mar. 6, 13, 20, 27 Mar. 6, 13, 20, 27 by check, please make check payable to 'City iite 105, Harrisburg, PA 17110.) Clair at kim@cityislanders.com.	\$ \$ \$ \$ \$ \$
ease co yer ent/ Gu dress	a <b>3</b> Location Twin Ponds West Twin Ponds West Red Rose Sports City Sports City Complete information (Ma	7-8 pm 7-8 pm 6-7 pm 6:30-7:30 pm 6:30-7:30 pm below or regis il form to City or additional que	Islanders Juniors Ball Mastery Ball Mastery Islanders Juniors Ball Mastery ter on-line at www.cityislanders Islanders Academy, 2090 Lingle estions, please call 717-441-4625 ofCity	Mondays Mondays Wednesdays Fridays Fridays store. If paying stown Road, St or email Kim St.C	Mar. 2, 9, 16, 23 Mar. 2, 9, 16, 23 March 4, 11, 18, 25 Mar. 6, 13, 20, 27 Mar. 6, 13, 20, 27 by check, please make check payable to 'City iite 105, Harrisburg, PA 17110.) Clair at kim@cityislanders.com.	\$ \$ \$ \$ \$ \$ \$