

ATHLETIC REPUBLIC CLASSES

We have implemented a new class schedule at Athletic Republic Annapolis. Since we are committed to excellence, we are always developing new methods to improve our program. We believe that the implementation of an “age-clustered” class structure will allow for a better training experience. We understand that athletes come in all shapes and sizes and that an older athlete is not in the same performance spectrum as a youth age athlete. This class schedule will provide you with the coaching, individualization and variation you deserve. We appreciate your understanding and support of our class structure,

TRAINING GROUPS

Varsity (15 -18+ years of age)
Junior Varsity (11-14 years of age)
Open Acceleration (All age groups)

For the FALL 2011 (Sept – Oct)

Youth (7-10 years of age)
 Will train in **Junior Varsity & Open Acceleration** Classes

ONLINE SCHEDULING

We have launched our Online Scheduling and Class Registration system through MindBodyOnline. This will allow you to make payments, schedule classes, check the status of your session count / memberships and track your class attendance all online from your home. You will be assigned a username and password for each athlete in our database. Please use this username/password to schedule and cancel all sessions.

CAPACITY: 10 Athletes per Session

Athletes who wish to join a session that is already at capacity will be placed on a waiting list and contacted if the session becomes available

WWW.ATHLETICREPUBLICANNAPOLIS.COM



TRAINING DAYS AND TIMES

Varsity (15-18+ yrs.)

Monday – Friday 4:00 pm - 5:30 pm
 Saturday 9:00-10:30 am

Junior Varsity (11-14 yrs.)

Monday – Thursday 5:30 pm - 7:00 pm

Open Acceleration (ALL AGES)

Monday – Thursday 7:00 pm - 8:30 pm
 Friday 5:30 pm – 7:00 pm
 Saturday 10:30am - 12:00pm

Youth – train in JV or OPEN Sessions

PLEASE CANCEL 12 HOURS BEFORE SESSION TIME
 ONLINE OR CALL 301.262.7781