

NEW SCHEDULE!

FALL 2026

ATHLETIC PERFORMANCE TRAINING

AT THE WILTON Y



AGES 8-13

DAY	TIME
MON	5:30-6:30 PM
TUES	5:30-6:30 PM
THUR	5:30-6:30 PM
SUN	10:00-11:00 AM
SUN	4:00-5:00 PM

AGES 13-18

DAY	TIME
MON	4:30-5:30 PM
WED	5:30-6:30 PM
SUN	11:00 AM-12:00 PM

* Schedule subject to change based on demand. Must be preregistered in advance.

* Reach out to reserve your own private group/team training.



Space is Limited
REGISTER NOW!

