



## THRIVE FIELD HOUSE SUMMER LEAGUES

Athletes must provide their own protective gear.

Thrive's Summer Sports leagues give athletes a chance to gain competitive play experience, participate in speed and agility training and focus on skill development all in one evening. This one of a kind experience is the summer training option that will result your athlete gaining confidence in their skills, game play and physical abilities.



**Week of June 24th through  
Week of August 12th**

**8 week session  
\$180 per session**

**Soccer**

**Mondays 6:15 pm - 8:00 pm (Ages 8 to 12)**

**Lacrosse**

**Tuesdays 6:15 pm - 8:00 pm (Ages 8 to 12)**



**A Day In League Play At Thrive Includes:**

- Two 20 minute Games
- One 20 minute Speed & Agility Session
- One 20 minute Skills Training Session
- A Mental Strength Training Exercise