



## **Friday Night Velo Class**

**13U 6:00 PM - 7:30 PM**

**14U 7:30 PM - 9:00 PM**

**\$240 per player for 6 weeks  
4-8 players per session**

- **Velo program with Radar Testing**
- **Speed/Stability Training**
- **Command Training**
- **Movement and Mechanics**



**Session 1: December 2 - January 6**  
**Session 2: January 20 - February 24**

**Frozen Ropes Albany  
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Albany, NY 12205**

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