



## 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.



**June 26th to August 25th**  
**8 week session**

Field Hockey -

Mondays 5:00 to 6:15 PM (Ages 5 - 7)

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

Soccer -

Tuesdays 5:00 to 6:15 (Ages 5 - 7)

Tuesdays 6:15 to 8:00 PM (Ages 8 to 12)

Lacrosse -

Wednesdays 5 PM to 6:15 PM (Ages 5 to 7)

Wednesdays 6:15 PM to 8:00 PM (Ages 8 to 12)

**To Register go to: [www.ThriveGym.org](http://www.ThriveGym.org)**

**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

