

PASS
POWER | AGILITY
STRENGTH | SPEED

ATTN: ALL SOCCER PLAYERS

SOCCERfit



KIDS
3RD - 5TH

Included
with
membership

JV
6TH - 8TH

Included
with
membership

VARSITY
9TH - 12TH



Join former LSU Soccer Player and Coach, Taylor Vairan to prepare for the upcoming High School and Junior High Soccer Season with our 8-week seasonal PASS SoccerFIT Program. PASS SoccerFIT utilizes the power, agility strength and speed components from our current PASS Program and applies it to additional soccer-specific training, conditioning, drills and fieldwork.

SOCCERfit Kids

5:30 pm - 6:15 pm

Tuesday & Friday

3RD -5TH GRADE

MEMBER ONLY
COMPLEMENTARY

SOCCERfit JV

4:30 pm - 5:30 pm

Tuesday - Friday

6TH - 8TH GRADE

MEMBER ONLY
COMPLEMENTARY

SOCCERfit Varsity

3:30 pm - 5:00 pm

Tuesday - Friday

9TH - 12TH GRADE

Member: \$170
Non-Member \$250



Sign up with the Concierge.
For more information contact charlie@thepac.com

PELICAN
ATHLETIC CLUB