

2026-2027 SCHOOL YEAR

ATHLETE PROGRAM



**NOONAN SPORT
SPECIALISTS**



SEPTEMBER - MAY

MONDAY / WEDNESDAY

5TH GRADE AND UP : 3:30-4:45 P.M

This month-to-month program runs for the school year, and athletes may join at any time.

Athletes start with a specific warm-up, followed by supervised and coached movement and field work, finishing with a full body strength routine.

\$135



Please contact Mike Hawes at mike.h@alexns.com to enroll

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