

# EHP January Session Details

1/5/26 - 1/31/26

Name of Participant: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



**Important Note**  
**No Programs 1/1 through 1/4**

Day	classes/cost (before tax)	class time	
<b><u>Red Performance</u></b>			
Tuesdays	4 weeks - \$180	6:00-7:30pm	<input type="checkbox"/>
Thursdays	4 weeks - \$180	6:00-7:30pm	<input type="checkbox"/>
Saturdays	4 weeks - \$180	1:00-2:30pm	<input type="checkbox"/>
<b><u>Orange Performance</u></b>			
Tuesdays	4 weeks - \$280	4:00-6:00pm	<input type="checkbox"/>
Thursdays	4 weeks - \$280	4:00-6:00pm	<input type="checkbox"/>
Fridays	4 weeks - \$280	5:00-7:00pm	<input type="checkbox"/>
Sundays	3 weeks - \$210	9:30-11:30am	<input type="checkbox"/>
<b><u>Green Performance</u></b>			
Tuesdays	4 weeks - \$385	4:00-6:45pm	<input type="checkbox"/>
Fridays	4 weeks - \$385	4:15-7:00pm	<input type="checkbox"/>
Sundays	3 weeks - \$210	11:30-1:30pm	<input type="checkbox"/>
<b><u>EHP"D"</u></b>			
Mondays	4 weeks - \$385	4:00-6:45pm	<input type="checkbox"/>
Wednesdays	4 weeks - \$385	4:45-7:30pm	<input type="checkbox"/>
Thursdays	4 weeks - \$385	4:00-6:45pm	<input type="checkbox"/>
Fridays	4 weeks - \$385	6:15-9:00pm	<input type="checkbox"/>
Sundays	3 weeks - \$210	1:30-3:30pm	<input type="checkbox"/>

Day	classes/cost (before tax)	class time	
<b><u>EHP"C"</u></b>			
Mondays	4 weeks - \$385	4:00-6:45pm	<input type="checkbox"/>
Wednesdays	4 weeks - \$385	4:45-7:30pm	<input type="checkbox"/>
Wednesdays	4 weeks - \$385	6:00-8:45pm	<input type="checkbox"/>
Thursdays	4 weeks - \$385	4:00-6:45pm	<input type="checkbox"/>
Fridays	4 weeks - \$385	6:15-9:00pm	<input type="checkbox"/>
Saturdays	4 weeks - \$280	2:00-4:00pm	<input type="checkbox"/>
Sundays	3 weeks - \$210	1:30-3:30pm	<input type="checkbox"/>
<b><u>EHP"B"</u></b>			
Mondays	4 weeks - \$385	5:15-8:00pm	<input type="checkbox"/>
Tuesdays	4 weeks - \$385	5:15-8:00pm	<input type="checkbox"/>
Wednesdays	4 weeks - \$385	6:00-8:45pm	<input type="checkbox"/>
Thursdays	4 weeks - \$385	5:15-8:00pm	<input type="checkbox"/>
Saturdays	4 weeks - \$280	2:00-4:00pm	<input type="checkbox"/>
<b><u>EHP"A"</u></b>			
Mondays	4 weeks - \$440	5:15-8:00pm	<input type="checkbox"/>
Tuesdays	4 weeks - \$440	5:15-8:00pm	<input type="checkbox"/>
Thursdays	4 weeks - \$440	5:15-8:00pm	<input type="checkbox"/>
<b><u>Fitness</u></b>			
Weekdays (4x wk session)	4 week - \$100		<input type="checkbox"/>
Weekdays (3x wk session)	3 week - \$75		<input type="checkbox"/>

Visit [TOPsKirkland.org/EastsideHP](https://TOPsKirkland.org/EastsideHP) for details on program expectations and player eligibility.

EHP Fitness:	<ul style="list-style-type: none"> <li>• Fitness training including in the EHP A, B, C, D and Green total time slots</li> <li>• Fitness training optional add on for Orange Perf</li> </ul>
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Note - no fitness on Saturday & Sunday classes