

Performance Session Details

11/1/26 - 11/30/26

Name of Participant: _____

Phone _____

Email _____



NO PROGRAMS NOVEMBER 26 - 29

Day	classes/cost (before tax)	class time	
Red Performance			
Tuesdays	4 weeks - \$180	6:00-7:30pm	
Thursdays	3 weeks - \$135	6:00-7:30pm	
Saturdays	3 weeks - \$135	1:00-2:30pm	
Orange Performance			
Tuesdays	4 weeks - \$280	4:00-6:00pm	
Thursdays	3 weeks - \$210	4:00-6:00pm	
Fridays	3 weeks - \$210	4:15-6:15pm	
Sundays	4 weeks - \$280	9:30-11:30am	
FITNESS For Orange Performance (Optional)			
Weekday (3x wk session)	3 weeks - \$53		
Weekday (4x wk session)	4 weeks - \$70		
Green Performance			
Tuesdays	4 weeks - \$350	4:00-6:30pm	
Thursdays	3 weeks - \$263	4:00-6:30pm	
Fridays	3 weeks - \$263	4:30-7:00pm	
Sundays	4 weeks - \$280	11:30-1:30pm	
Fitness For Green Performance (Included)			
- All Weekday Green Perf Classes include 30 minutes of fitness - No Fitness on Weekend Sections			

Day	classes/cost (before tax)	class time	
Yellow Performance 1 (EHP "D")			
Mondays	5 weeks - \$438	4:45-7:15pm	
Wednesdays	4 weeks - \$350	4:00-6:30pm	
Thursdays	3 weeks - \$263	5:30-8:00pm	
Fridays	3 weeks - \$263	5:45-8:15pm	
Sundays	4 weeks - \$280	1:30-3:30pm	
Yellow Performance 2 (EHP "C")			
Mondays	5 weeks - \$438	5:45-8:15pm	
Tuesdays	4 weeks - \$350	5:30-8:00pm	
Wednesdays	4 weeks - \$350	5:30-8:00pm	
Thursdays	3 weeks - \$263	5:30-8:00pm	
Fridays	3 weeks - \$263	5:45-8:15pm	
Saturdays	3 weeks - \$210	3:30-5:30pm	
EHP 'A' & 'B'			
Tuesdays	4 weeks - \$440	5:15-8:00pm	
Wednesdays	4 weeks - \$440	5:15-8:00pm	
Thursdays	3 weeks - \$330	5:15-8:00pm	
Fitness for Yellow Perf 1 & 2 and EHP A & B			
All Weekday prices shown here include 30 minutes of fitness for Yellow Perf 1&2 and EHP A&B; no fitness for weekend sections.			

Visit TOPsKirkland.org/Performance for details on program expectations and player eligibility.