

Performance Session Details

10/1/26 - 10/31/26

Name of Participant: _____

Phone _____

Email _____



Day	classes/cost (before tax)	class time		
Red Performance				
Tuesdays	4 weeks - \$180	6:00-7:30pm		
Thursdays	5 weeks - \$225	6:00-7:30pm		
Saturdays	5 weeks - \$225	1:00-2:30pm		
Orange Performance				
Tuesdays	4 weeks - \$280	4:00-6:00pm		
Thursdays	5 weeks - \$350	4:00-6:00pm		
Fridays	5 weeks - \$350	5:00-7:00pm		
Sundays	4 weeks - \$280	9:30-11:30am		
FITNESS For Orange Performance (Optional)				
Weekday (4x wk session)	4 weeks - \$70			
Weekday (5x wk session)	5 weeks - \$88			
Green Performance				
Tuesdays	4 weeks - \$350	4:00-6:30pm		
Thursdays	5 weeks - \$438	4:00-6:30pm		
Fridays	5 weeks - \$438	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	4 weeks - \$350	4:45-7:15pm		
Wednesdays	4 weeks - \$350	4:00-6:30pm		
Thursdays	5 weeks - \$438	5:30-8:00pm		
Fridays	5 weeks - \$438	5:45-8:15pm		
Sundays	4 weeks - \$280	1:30-3:30pm		
Yellow Performance 2 (EHP "C")				
Mondays	4 weeks - \$350	5:45-8:15pm		
Tuesdays	4 weeks - \$350	5:30-8:00pm		
Wednesdays	4 weeks - \$350	5:30-8:00pm		
Fridays	5 weeks - \$438	5:45-8:15pm		
Saturdays	5 weeks - \$350	3:30-5:30pm		
EHP 'A' & 'B'				
Tuesdays	4 weeks - \$440	5:15-8:00pm		
Wednesdays	4 weeks - \$440	5:15-8:00pm		
Thursdays	5 weeks - \$550	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.