



# SHEA TRAINING

## SPRING 2026



155 WEBSTER STREET HANOVER  
 WWW.SHEATRAININGSYSTEMS.COM  
 brendan@sheatrainingssystems.com

### Details

**DATES:** March 16 - May 22  
 (10 weeks)

Workouts = 1 hour.

Group Capacity = 8.

### HIGH SCHOOL

**MWF 3:00**

**Mon Wed 3:30**

**MWF 4:00**

**Mon Wed 7:00**

**Tu-Th 3:00**

**Tu-Th 4:30pm**

**Tu Th 7pm**

**See pages 2+3 for Summer**



## 6/7/8th Grade

**Monday - Wednesday**

**2:15, 4:30, 5:00**

**Tuesday Thursday**

**2:15, 3:30, 4:00, 5:00**

\*more classes may be added

### Semi-Private training for In-Season Athletes

**Mon-Thu 5:30, 6:00, 6:30 pm**

**Fri 5:00 pm - Sat at 10am**

**Tu Th 6am**

**You pick one class that works for you  
each week. Tiny group. Custom workout.**

### Cost

**3-day program:**

3 installments of \$250

**2-day program:**

2 installments of \$250

Please reach out with any questions on the fall programs! Our make-up policy, and more specifics are on our website in the class description. Click in the link below for that.

[brendan@sheatrainingssystems.com](mailto:brendan@sheatrainingssystems.com)

**Thanks!!**

**[CLICK HERE TO REGISTER FOR SPRING](#)**





# SHEA TRAINING

## SUMMER 2026



155 WEBSTER STREET HANOVER  
 WWW.SHEATRAININGSYSTEMS.COM  
 brendan@sheatraining.com

### Details

DATES: June 22 - August 14  
 (8 weeks)

Group Capacity = 8.

### 6/7/8<sup>th</sup> Grade

- Tues-Thurs 10:00-11:00am
- Tues-Thurs 10:30-11:30 am
- Mon-Wed 4:00 pm
- Tues-Thurs 4:30 pm

**Costs & FAQ's: See  
 next page**



### High School

#### Mon-Wed-Fri AM

- 7:40 - 8:55 am
- 8:30 - 9:45 (Marshfield Girls Soccer)
- 8:55 - 10:10 (Select Soccer)
- 9:20 - 10:35
- 10:10 - 11:25
- 10:35 - 11:40

#### Tues-Thurs AM

- 6:30-7:45 am (express)
- 7:00-8:30 am
- 7:30-9:00 am
- 8:30 - 10:00 am
- 9:00-9:30 am

#### Mon-Wed PM

4:30-5:45 pm (express)

#### Freshman + Sophomores

M-W-F 11:00-12:30 am

#### College/Advanced HS

#### Mon-Wed-Fri AM

- 6:25-7:40 am
- 6:50-8:05
- 7:15-8:30
- 9:45-11:00

#### Mon-Wed-Thurs Night

- 5:15-6:30 pm
- 6:30-7:45 pm

**[CLICK HERE TO REGISTER FOR SUMMER](#)**





# SHEA TRAINING

## SUMMER 2026




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### Summer Details

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**DATES:** June 22 - August 14  
(8 weeks)

Group Capacity = 8.

More Details --->

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### Early Summer

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Get your summer training started early in this session.

**May 26 - June 19**

Many College, High School, and Middle school classes available.



## Summer Costs

**3-Day Program:**

4 installments of \$215

75 min workouts

**2-day High School program:**

3 installments of \$240

90 min workouts

**6/7/8<sup>th</sup> Grade Program:**

3 installments of \$160

60 min workouts

Strength & Conditioning +

Speed + Nutritional work

+ Shea Training t-shirt

No training on Fri July 3

Please reach out with any questions on the summer programs! Our make-up policy, and more specifics are on our website in the class description.

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Thanks!!

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