



## ARLINGTON 2019 WINTER SCHEDULE

Effective January 7, 2019

LEVEL	DAY	TIME	DURATION
<b>Student ATHlete 8 - 12yrs</b>	Monday - Thursday	5:00 - 6:00p, 6:00p - 7:00p	60 min
	Friday	5:00p - 6:00p	
	Saturday	10:00a - 11:00a	
<b>Student ATHlete 12 - 14yrs</b>	Monday - Thursday	4:45p - 6:15p	90 min
	Friday	4:45p - 5:45p	60 min
	Saturday	10:00a - 11:00a	
<b>Student ATHlete 14 - 18yrs</b>	Monday - Thursday	3:30 - 5:00p, 6:30p - 8:00p	90 min
	Friday	3:30p - 4:30p	60 min
	Saturday	10:00a - 11:00a	
<b>Forever ATHlete</b>	Monday - Thursday	5:30a - 6:30a, 6:30a - 7:30a, 9:00a - 10:00a	60 min
		5:00p - 6:00p, 7:00p - 8:00p	
	Friday	5:30a - 6:30a, 6:30a - 7:30a, 9:00a - 10:00a	
		5:00p - 6:00p	
	Saturday	8:00a - 9:00a, 9:00a - 10:00a	
<b>Rebuild ATHlete 1-12 Oversight</b>	Monday - Friday	3:30p - 5:00p	Supervised Open Gym
<b>Next Level ATHlete Pro</b>	Monday - Friday	10:00a - 12:00p	2 hours
<b>ATHlete Evaluations</b>	Monday - Thursday	6:30p - 7:30p	



## FOREVER ATHLETE SUMMER SCHEDULE

(June 1, 2019 - August 31, 2019)

	DAY	TIME	DURATION
	Monday - Thursday	5:00a - 6:00a	60 min
		6:00a - 7:00a	
		7:00a - 8:00a	
		9:00a - 10:00a	
		4:30p - 5:30p	
		5:30p - 6:30p	
		6:30p - 7:30p	
	Friday	5:00a - 6:00a	
		6:00a - 7:00a	
		7:00a - 8:00a	
		9:00a - 10:00a	
		4:30p - 5:30p	
	5:30p - 6:30p		
Saturday	9:00a - 10:00a		
Open Gym	Monday - Thursday	5:00a - 8:00p	
	Friday	5:00a - 6:30p	
	Saturday	8:00a - 12:00p	

To schedule, please visit [www.AthleteTH.com](http://www.AthleteTH.com)

\*Training Times may be added or removed throughout the season.



## STUDENT ATHLETE SUMMER SCHEDULE

(June 1, 2019 - August 31, 2019)

Age	DAY	TIME	DURATION
AGES 8-12	Monday - Thursday	9:00am - 10:00am	60 min
		4:30pm - 5:30pm	
		5:30pm - 6:30pm	
		6:30pm - 7:30pm	
	Friday	9:00am - 10:00am	
		4:30pm - 5:30pm 5:30pm - 6:30pm	
Saturday	10:00 - 11:00am		
AGES 12-14 AND AGES 14-18	Monday - Thursday	10:00am - 11:30am	90 min
		3:00pm - 4:30pm	
		4:30pm - 6:00pm	
	Friday	10:00am - 11:00am (60mins)	
		3:00pm - 4:00pm (60mins)	
		4:30pm - 5:30pm (60mins)	
	Saturday	10:00am - 11:00am (60mins)	

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