



ARLINGTON 2019 WINTER SCHEDULE

Effective January 7, 2019

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