



STUDENT ATHLETE FALL/WINTER SCHEDULE (September 2019- December 2019)

	DAY	TIME	DURATION
Ages 8-12	Monday- Thursday	4:30p-5:30p	60 min
		5:30p-6:30p	
		6:30p-7:30p	
	Friday	4:30p-5:30p	
		5:30p-6:30p	
	Saturday	10:00a-11:00a	
Ages 12-14	Monday- Thursday	4:45p-6:15p	90 min
		6:15p-7:45p	
	Friday	4:45p-5:45p	60 min
	Saturday	10:00a-11:00a	
Ages 14-18	Monday- Thursday	3:30p-5:00p	90 min
		5:30p- 7:00p	
	Friday	3:30-4:30	60 min
	Saturday	10:00a-11:00a	

To schedule, please visit <https://athletetrainingandhealth.com>

*Training Times may be added or removed throughout the season