

ARLINGTON 2019 WINTER SCHEDULE

August 12, 2019 - December 20, 2019

LEVEL	DAY	TIME	DURATION
Student ATHlete 8 - 12yrs	Monday - Thursday	4:30p - 5:30p, 5:30p - 6:30p, 6:30p - 7:30p	60 min
	Friday	4:30p - 5:30p, 5:30p - 6:30p	
	Saturday	10:00a - 11:00a	
Student ATHlete 12 - 14yrs	Monday - Thursday	3:30p - 5:00p, 5:00p - 6:30p, 6:30p - 8:00p	90 min
	Friday	3:30p - 4:30p, 5:00p - 6:00p	60 min
	Saturday	10:00a - 11:00a	
Student ATHlete 14 - 18yrs	Monday - Thursday	3:30 - 5:00p, 5:00p - 6:30p, 6:30p - 8:00p	90 min
	Friday	3:30p - 4:30p, 5:00p - 6:00p	60 min
	Saturday	10:00a - 11:00a	
Forever ATHlete	Monday - Thursday	5:00a - 6:00a, 6:00a - 7:00a, 7:00a - 8:00a, 9:00a - 10:00a	60 min
		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		
Rebuild ATHlete 1-12 Oversight	Monday - Friday	3:30p - 5:00p	Supervised Open Gym
Next Level ATHlete Pro	Monday - Friday	10:00a - 1:30p	Seasonal
ATHlete Evaluations	Tuesday & Thursday	6:00p - 7:00p	Need To Be Scheduled