Student ATHlete Winter Calendar

Student ATHlete W
December 16-23



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Linear	Linear	Multi-Direction	Multi-Direction	Compete	Holiday
8-12 Year Olds 4:30-5:30pm 5:30-6:30pm	8-12 Year Olds 4:30-5:30pm 5:30-6:30pm	8-12 Year Olds 4:30-5:30pm 5:30-6:30pm	8-12 Year Olds 4:30-5:30pm 5:30-6:30pm	8-12 Year Olds 4:30-5:30pm	Closed for holiday
12-14 Year Olds 5:00-6:30pm	<u>12-14 Year Olds</u> 5:00-6:30pm	12-14 Year Olds 5:00-6:30pm	12-14 Year Olds 5:00-6:30pm	<u>12-18 Year Olds</u> 5:30-6:30pm	
14-18 Year Olds 6:30-8:00pm	<u>14-18 Year Olds</u> 6:30-8:00pm	<u>14-18 Year Olds</u> 6:30-8:00pm	14-18 Year Olds 6:30-8:00pm		

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Student ATHlete Winter Calendar

December 25-30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Holiday	Linear	Multi-Directional	Multi-Directional	Compete	Holiday
Closed for holiday	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:30:5-30 pm (12-18) 5:30-6:30 pm (8-12)	Closed for holiday

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Student ATHlete Winter Calendar

ATHLETE TRAINING + HEALTH

January 1-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Holiday	Linear	Multi-Directional	Multi-Directional	Compete	Compete
Closed for holiday	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:00-5:30 pm (14-18) 5:30-6:30 pm (8-12) 6:30-8:00 pm (12-14)	4:30:5-30 pm (12-18) 5:30-6:30 pm (8-12)	8-12 Year Olds 10:00-11:00am Speed School 12-18 Year Olds 10:00-11:00am Speed School 11:00-12:00pm Strength School

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