

Team

2016 Fall / 2017 Spring Schedule (July 18, 2016 - May 27, 2017)

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boys Team Level 4 3x per week ONLY 12 hours per week		4 – 8pm		4 – 8pm		8am – 12n
Boys Team Lvl 5 – 7 & Open Opt 4x per week ONLY 16 hours per week	3:30 – 7:30p		3:30 – 7:30p		3:30 – 7p	8a – 12:30p
Boys Optional Team Levels 8 - 10 4x per week ONLY 20 hours per week	3 – 8pm	3 – 8pm	Independent Weight training	3 – 8pm	3 – 8pm	
Girls XCEL 2x per week minimum 8 hours OR 3x per week for 12 hours	3:30 – 7:30p		3:30 – 7:30p			8 – 12n
Girls Team Levels 3 3x per week ONLY 11 hours per week		4 – 8pm		4 – 8pm	4 – 7pm	
Girls Team Levels 4 - 5 4x per week ONLY 16 hours per week	1:30-5:30pm	1:30-5:30pm		1:30-5:30pm	1:30-5:30pm	
Girls Optional Team Levels 6 - 7 4x per week ONLY 20 hours per week	1:30 – 6:30pm	1:30 – 6:30pm		1:30 – 6:30pm	1:30 – 6:30pm	
Girls Optional Team Levels 8 - 10 4x per week ONLY 20 hours per week	1:30 – 6:30pm	1:30 – 6:30pm	Independent Weight training	1:30 – 6:30pm	1:30 – 6:30pm	



We reserve the rights to cancel and/or reschedule (without notice) classes with insufficient enrollment.

07.19.2016