

2009-2010 Summer Team Schedule

Classes start June 8th!!

Level 4 Girls (\$132/mo)

Tuesday 1:15-4:15
Thursday 1:15-4:15
Conditioning- Thursday 12:15-1:15

Level 5 Girls (\$156/mo)

Monday 1:15-4:15
Wednesday 1:15-4:15
Friday 9:00-12:00
Conditioning- Monday 12:15-1:15

Level 6 Girls (\$156/mo)

Monday 1:15-4:15
Wednesday 1:15-4:15
Friday 9:00-12:00
Conditioning- Wednesday 12:15-1:15

Level 7-8 Girls (\$186/mo)

Monday 9:00-12:00
Tuesday 9:00-12:00
Wednesday 8:30-11:30
Thursday 9:00-12:00
Conditioning- Wed 11:30-12:30

Level 9 Girls (\$225/mo)

Monday 9:00-12:00
Tuesday 9:00-12:00
Wednesday 8:30-11:30
Thursday 9:00-12:00
Friday 9:00-12:00
Conditioning- Wed 11:30-12:30

*If any Level 7 or 8 would like to go 5 days per week, they could register for the Friday class as well. Please let us know by the end of May!

Level 5 Boys (\$152/mo)

Monday 1:15-4:15
Wednesday 1:15-4:15
Thursday 1:15-4:15

Level 6-9 Boys (\$174/mo)

Monday 1:15-4:15
Tuesday 1:15-4:15
Wednesday 1:15-4:15
Thursday 1:15-4:15

Summer Open Gym Times

Open Gym

(these are free opportunities for your child or meet

to get extra work done!)

Monday- 8:30am-11:30 12:15-7:30pm

Tuesday- 8:30am-11:30 1:15-7:30pm
are most

Wednesday- 8:30am-7:30pm
sure

Thursday- 8:30am-11:30 12:15-5:30pm
least 20 min

Friday- 9:00-12:00
you to move

***Please don't stay in between the morning
you have**

**and afternoon open gym times. Coaches
BE SAFE!**

**need to get lunch and we can't leave the
kids here unattended- THANKS**

Tips for successful

*Come with a teammate

someone here!

*Have goals written

*Strength & flexibility

important- do these for

*Stay on an event for at

unless a coach needs

*Only practice skills that

done in practice before.