



# Athletes Acceleration

## Winter 2020-2021 Training Schedule

*November 30, 2020 - March 12, 2021 \**

*\* No sessions Dec. 24 to Jan. 3rd.*

### *High School*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM
6:00 PM	6:00 PM	6:00 PM	6:00 PM	

### *Middle School*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 PM	3:30 PM	3:30 PM	3:30 PM	3:30 PM
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM
5:30 PM	5:30 PM	5:30 PM	5:30 PM	

### *College*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:30 PM		2:30 PM		2:30 PM

### *Youth (ages 7-10)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5:15 PM		5:15 PM	