



Athletes Acceleration

Winter 2021-2022 Training Schedule

*November 29, 2021 - March 11, 2022 **

** 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
3:00 PM		3:00 PM		3:00 PM

Youth (ages 7-10)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15 PM		4:15 PM		
5:15 PM		5:15 PM		