



TRAINING SCHEDULE

Sports Activities	Monday 5:00pm to 6:30pm	Tuesday 5:00pm to 6:30pm	Wednesday 5:00pm to 6:30pm	Thursday 5:00pm to 6:30pm	Friday 5:00pm to 6:30pm	Saturday
Football	5years to 13 years		14 years to 18years	5 years to 13 years	14years to 18 years	9am to 11:00am 5 years to 13 years 11:00am to 1:00pm 14 years to 18 years
Basketball	5years to 13 years		14 years to 18years	5 years to 13 years	14years to 18 years	9am to 11:00am 5 years to 13 years 11:00am to 1:00pm 14 years to 18 years
Swimming		5years to 18 years			5years to 18 years	9am to 11:00am 5 years to 18 years