



Youth / Teen Classes

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NO CLASSES	2 NO CLASSES
3 NO CLASSES	4 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	5 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	6 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	7 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	8 NO CLASSES	9 NO CLASSES
10 NO CLASSES	11 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	12 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	13 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	14 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	15 NO CLASSES	16 NO CLASSES
17 NO CLASSES	18 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	19 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	20 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	21 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	22 NO CLASSES	23 NO CLASSES
24 NO CLASSES	25 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	26 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	Thanksgiving Holiday 27 No Classes GYM HOURS: 7:00 AM - 6:00 PM	Attention: Holiday 28 CLOSED FOR THANKSGIVING 	Hours of Operation 29 No Classes GYM HOURS: 7:00 AM - 6:00 PM	30 NO CLASSES

YOUTH /TEEN CLASSES

Elementary School
Class is Returning to
4:00 PM

Attention – Class Schedule Update: Due to parents' requests, we are moving the elementary school class back to 4:00 PM on Mondays and Wednesdays starting **Monday, December 2, 2024.**

Elementary School (ES) | Ages 7-10

Monday: 5:30 PM – 6:30 PM
Wednesday: 5:30 PM – 5:00 PM

Types of Classes

SAQ: Speed, Agility, and Quickness
SPE: Strength, Power, and Explosiveness

Middle School (MS) | Ages 11-13

Monday: 6:00 PM – 7:00 PM
Tuesday: 6:00 PM – 7:00 PM
Wednesday: 6:00 PM – 7:00 PM
Thursday: 6:00 PM – 7:00 PM

High School (HS) | Ages 13-17

Tuesday: 7:00 PM – 8:00 PM
Thursday: 7:00 PM – 8:00 PM

Attention: We will have adjusted hours over the Thanksgiving Holiday. Thursday, November 27, 2024, and Friday, November 29, 2024, Hours of Operation will be: 7:00 AM – 6:00 PM. We will be closed Thanksgiving Day.