



# Youth / Teen Classes

# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NO CLASSES	2 NO CLASSES
3 NO CLASSES	4 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	5 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	6 ES SAQ @ 4:00 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 @ 4:00 PM MS SPE @ 6:00 PM	12 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	13 ES SAQ @ 4:00 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 @ 4:00 PM MS SPE @ 6:00 PM	19 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	20 ES SAQ @ 4:00 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 @ 4:00 PM MS SPE @ 6:00 PM	26 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	27 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	28 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	29 NO CLASSES	30 NO CLASSES

## YOUTH /TEEN CLASSES

### Elementary School (ES) | Ages 7-10

Monday: 4:00 PM – 5:00 PM

Wednesday: 4:00 PM – 5:00 PM

### 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

#### Types of Classes

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