



Youth / Teen Classes

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	2 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	3 CLOSED for the 4 th of July	4 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	5 NO CLASSES	6 NO CLASSES
7 NO CLASSES	8 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	9 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	10 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	11 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	12 NO CLASSES	13 NO CLASSES
14 NO CLASSES	15 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	16 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	17 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	18 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	19 NO CLASSES	20 NO CLASSES
21 NO CLASSES	22 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	23 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	24 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	25 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	26 NO CLASSES	27 NO CLASSES
28 NO CLASSES	29 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	30 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	31 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM			

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