



# Youth / Teen Classes

# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 NO CLASSES	7 NO CLASSES
8 NO CLASSES	9 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	10 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	11 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	12 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	13 NO CLASSES	14 NO CLASSES
15 NO CLASSES	16 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	17 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	18 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	19 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	20 NO CLASSES	21 NO CLASSES
22 NO CLASSES	23 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	24 <b>Christmas Eve</b> Gym Closed	25 <b>Christmas Eve</b> Gym Closed	26 <b>Gym Open 7:00 AM – 6:00 PM</b> No Classes	27 NO CLASSES	28 NO CLASSES
29 NO CLASSES	30 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	31 <b>New Year's Eve</b> Gym Closed	Jan. 1, 2025 <b>New Year's Day</b> Gym Closed			

## YOUTH /TEEN CLASSES

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

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

**Attention: We will be closed on the following Days this upcoming Holiday Season:**

**Christmas Eve: December 24, 2024**  
**Christmas Day: December 25, 2024**  
**New Year's Eve: December 31, 2024**  
**New Year's Day: January 1, 2025**