Student ATHlete Summer Calendar

ATHLETE TRAINING + HEALTH

May 30th-August 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Linear	Linear	Multi-Direction	Multi-Direction	Compete	Compete
8-12 Year Olds 9:30am - 10:30am 4:30pm - 5:30pm 6:30pm - 7:30pm	8-12 Year Olds 9:30am - 10:30am 4:30pm - 5:30pm 6:30pm - 7:30pm	8-12 Year Olds 9:30am - 10:30am 4:30pm - 5:30pm 6:30pm - 7:30pm	8-12 Year Olds 9:30am - 10:30am 4:30pm - 5:30pm 6:30pm - 7:30pm	8-12 Year Olds 9:30am - 10:30am 5:30pm - 6:30pm	8-12 Year Olds 10:00am-11:00am Speed School
12-14 Year Olds 12:00pm - 1:30pm 5:00pm - 6:30pm	12-14 Year Olds 12:00pm - 1:30pm 5:00pm - 6:30pm	12-14 Year Olds	12-14 Year Olds	12-14 Year Olds 12:00pm - 1:00pm 4:30pm - 5:30pm	12-18 Year Olds 10:00am-11:00am Speed School
14-18 Year Olds	14-18 Year Olds	14-18 Year Olds	14-18 Year Olds	14-18 Year Olds	11:00am-12:00pm Strength School
10:30am - 12pm 3:30pm - 5:00pm	10:30am - 11:30am 4:30pm - 5:30pm	<u>Volleyball Clinic</u> M/W/F (6/24-8/2) 5:00pm-6:30pm			

Download our app or call to schedule classes

(713-568-8986) athkaty.com