

June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Skills Assessment 10 AM Skills Academy
4 Summer Camp Dates June 5 thru June 9	5 Shooting Academy Class times have changed	6 Shot Trainer Available Private Class Available MINI Biddy/Young Hooper Class	7 Attack Academy	8 Private Class Available	9 Shot Trainer Available	10 Skills Academy
11 Summer Camp Dates June 12 thru June 16	12 Shooting Academy	13 Shot Trainer Available Private Class Available MINI Biddy/Young Hooper Class	14 Attack Academy	15 Private Class Available	16 Shot Trainer Available	17 Skills Assessment 10 AM Skills Academy
18	19 Shooting Academy	20 Shot Trainer Available Private Class Available MINI Biddy/Young Hooper Class	21 Attack Academy	22 Private Class Available	23 Shot Trainer Available	24 Skills Academy
25	26 Shooting Academy	27 Shot Trainer Available Private Class Available MINI Biddy/Young Hooper Class	28 Attack Academy	29 Private Class Available	30 Shot Trainer Available	

MONDAY / WEDNESDAY Shooting & Attack Academy	SATURDAY Skills Academy
5:30 PM BEGINNER Intro to training. Focus on high reps & fundamentals.	10:00 AM PRIVATE Skill assessment as noted above.
6:40 PM INTERMEDIATE Builds on Beginner class. Prepares athlete for Experienced class.	1:45 PM BEGINNER Intro to training. Focus on high reps and fundamentals.
3:30 PM EXPERIENCE Skill level of a Varsity starter.	11:15 AM MINI BIDDY/ YOUNG HOOPER Intro to movements and actions.
	3:00 PM EXPERIENCE Skill level of a Varsity starter.
	4:00 PM POST/PRIVATE High school and college
	12:30 PM INTERMEDIATE Builds on Beginner class. Prepares athlete for Experienced class.

If you need assistance please call the office at (504) 383-5106. Hours 2pm to 8pm

Reserve your spot. All classes have limited space. (Members also)

Students may be moved to a different class per the instructor's discretion.

SHOT TRAINER CLASS

TUESDAY & FRIDAY
Starting at 5 PM
Last Class 8 PM
Schedule every 30min

SATURDAY
Starting at 12:30pm
Last class 3:30pm
Schedule every 30 min

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