

Level 10:	MTWRF	8:30 to 12:30	20 hrs
Level 8/9:	MTWRF	8:30 to 12:00	17.5 hrs
Level 6/7:	MTWRF	8:30 to 11:30	15 hrs
Level 5:	MT RF	12:00 to 3:00	12 hrs
Level 4:	M W F	12:00 to 3:00	9 hrs
Level 3:	MT R	12:00 to 2:30	7.5 hrs
Level 2:	MT R	12:00 to 2:00	6 hrs
Emerald:	T R	5:00 to 6:00	2 hrs
Bronze:	T R	4:30 to 6:00	3 hrs
Silver:	M W	4:00 to 6:00	4 hrs
Gold:	M WR	6:00 to 8:30	7.5 hrs
Plat/Dia:	MT RF	8:30 to 11:30	12 hrs

IMPORTANT DATES:

June 1: Athletes will be notified of their "Summer Training Level"

July 5 through August 28: This schedule is active

June 27 - July 4: Gym Closed for workouts

August 29 - Sept 5: Gym Closed for workouts

August 26: Athletes will be notified of their competition level for the coming year

September 6: Fall Schedule (TBA) begins.