

TEAM Summer 2017 Training Schedule

Effective June 5, 2017

Level/Hours	Day & Time
<i>Level 1</i> 4 hrs wk	Monday/Wednesday-6:00-8:00 pm or Monday/Wednesday-4:30-6:30pm
<i>Level 2</i> 5 hrs wk	Tuesday-6:00-8:30 pm Thursday-6:00-8:30 pm
<i>Xcel</i> <i>Silver/Gold</i> 6 hrs wk	Monday-5:30-8:30 pm Wednesday-5:30-8:30 pm (Optional: Xcel Gold only -8:00 am- 11:00pm Friday morning)
<i>Level 3</i> 9 hrs wk	Monday-5:30-8:30 pm Wednesday-5:30-8:30 pm Thursday-5:30-8:30 pm
<i>Level 4</i> 12 hrs wk	Monday/Wednesday 5:30 pm – 8:30 pm & Tuesday/Friday 8:00 am- 11:00 pm
<i>Level 5</i> 16 hrs wk	Monday/Tuesday/Wednesday/Friday 8:00 am – 12:00 pm
<i>Optionals</i> 20 hrs wk	Monday-Friday 8:00 am – 12:00 pm
	NO SUMMER MAKE-UPS: We will prorate 1 week for vacations in the month of your choice.