

**WEEKLY**

# SUMMER PROGRAMS CALENDAR JUNE 6 - JUNE 30



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>SATURDAY</b>
<p><b>FOOTBALL</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• 2 DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>JR. ATHLETES SPEED TRAINING</b></p> <ul style="list-style-type: none"><li>• 9:30 AM- 11:00 AM</li><li>• 2 DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>VOLLEYBALL</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• 3DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>ELITE HOOPERS</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• 3 DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>ELITE ATHLETES (ALL SPORTS)</b></p> <ul style="list-style-type: none"><li>• 3:00 PM - 4:30 PM</li><li>• 3 DAYS A WEEK MINIMUM COMMITMENT</li></ul>	<p><b>VOLLEYBALL/SOFTBALL BASEBALL/FOOTBALL/ SOCCER/LACROSSE/ELITE HOOPERS/ELITE ATHLETES</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• LOCATION: TRACK @ ALHAMBRA HIGH SCHOOL</li></ul>	<p><b>SOFTBALL/BASEBALL</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• 3DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>JR. ATHLETES SPEED TRAINING</b></p> <ul style="list-style-type: none"><li>• 9:30 AM- 11:00 AM</li><li>• 2 DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>ELITE HOOPERS</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:30 AM</li><li>• 3 DAYS A WEEK MINIMUM COMMITMENT</li></ul> <p><b>VOLLEYBALL/ ELITE ATHLETES</b></p> <ul style="list-style-type: none"><li>• 3:00 PM - 4:30 PM</li><li>• LIFT</li></ul> <p><b>SOCCER/LACROSSE</b></p> <ul style="list-style-type: none"><li>• 3:00 PM - 4:30 PM</li><li>• 3 DAYS A WEEK MINIMUM COMMITMENT</li></ul>	<p><b>**All Programs**</b></p> <p><b>VOLLEYBALL/SOFTBALL BASEBALL/FOOTBALL/ SOCCER/LACROSSE/ ELITE HOOPERS/ JR. ELITE ATHLETES</b></p> <ul style="list-style-type: none"><li>• 8:00 AM - 9:15 AM</li><li>• SAND PIT at Hidden Lakes Sports Park Martinez</li></ul> <p><b>ELITE ATHLETES (ALL SPORTS)/ELITE HOOPERS/FOOTBALL /SOCCER &amp; LACROSSE</b></p> <ul style="list-style-type: none"><li>• 10:00 AM - 11:30 AM</li><li>• LIFT</li></ul>	<p><b>BEACH OR POOL WORKOUT 9:00 AM - 10:30 AM</b></p> <p>***This class must be signed up for on the site each week.***</p> <p><b>SUNDAY</b></p> <p><b>SPEED RECOVERY CLASS 9:00 AM - 10:30 AM</b></p> <p>***This class must be signed up for on the site each week. Unless you are in the Elite hooper program***</p>