

SUMMER 2023
July 10th - August 18th

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00					
4:30					
5:00					
5:30	Elite A (ages 14-18) 5:15-6:30 PM	Elite C (ages 14-18) 5:15-6:30 PM	Elite A (ages 14-18) 5:15-6:30 PM	Elite C (ages 14-18) 5:15-6:30 PM	OPTIONAL ADD-ON Elite Conditioning 5:15-6:30 PM OUTDOORS IN MANLIUS
6:00					
6:30	Teen A (ages 12-16) 6:30-7:45 PM	Teen B (ages 12-16) 6:30-7:45 PM	Teen A (ages 12-16) 6:30-7:45 PM	Teen B (ages 12-16) 6:30-7:45 PM	
7:00					
7:30					
8:00	Elite B (ages 14-18) 7:45-9:00 PM	Elite D (ages 14-18) 7:45-9:00 PM	Elite B (ages 14-18) 7:45-9:00 PM	Elite D (ages 14-18) 7:45-9:00 PM	
8:30					