

July 2026 – Level 1 Student Training Schedule

Date	Time	Class	Lesson Plan
Wed Jul 1	6:15–7:15 PM	Open Training (Coach David)	—
Thu Jul 2	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #11
Sat Jul 4	—	NO SATURDAY CLASS – Independence Day	Day
Mon Jul 6	5:00–6:00 PM	Krav Maga	Lesson Plan #12
Tue Jul 7	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #13
Wed Jul 8	6:15–7:15 PM	Open Training (Coach David)	—
Thu Jul 9	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #14
Sat Jul 11	10:00–11:00 AM	Open Training	—
Mon Jul 13	5:00–6:00 PM	Krav Maga	Lesson Plan #1
Tue Jul 14	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #2
Wed Jul 15	6:15–7:15 PM	Open Training (Coach David)	—
Thu Jul 16	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #3
Sat Jul 18	10:00–11:00 AM	Open Training	—
Mon Jul 20	5:00–6:00 PM	Krav Maga	Lesson Plan #4
Tue Jul 21	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #5
Wed Jul 22	6:15–7:15 PM	Open Training (Coach David)	—
Thu Jul 23	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #6
Sat Jul 25	10:00–11:00 AM	Open Training	—
Mon Jul 27	5:00–6:00 PM	Krav Maga	Lesson Plan #7
Tue Jul 28	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #8
Wed Jul 29	6:15–7:15 PM	Open Training (Coach David)	—
Thu Jul 30	6:00–6:30 PM / 6:30–7:15 PM	Swimming + Krav Maga	Lesson Plan #9

Note: No Saturday class on July 4 (Independence Day). Thursday morning Level 1/Open Training remains discontinued. Wednesday Open Training is led by Coach David until further notice.