

J.GIO

SPRING TRAINING

Level 1 - Newer to skills training
Level 2 - Average/ Intermediate
Level 3 - Invite only extremely fast paced.

SPRING 1

March 9- -April 10
5 weeks - \$150

MONDAY SKILLS

Grade 2 & 3 4:30-5:30pm

Grade 4 & 5 5:30-6:30pm - **Level 2**

Middleschool 6:30-7:30 pm - **Level 2-3**



TUESDAY SKILLS

Grade 1 & 2 4:30-5:30 pm

Grade 4 & 5 5:30-6:30pm

Middleschool 6:30-7:30 pm



WEDNESDAY SKILLS

Grade 3 & 4 4:30-5:30pm - **Level 2-3**

Grade 4 -6 5:30-6:30pm - **Level 2- 3**

Grade 7-10 6:30-7:30 pm - **Level 2**



SPRING 2

April 20 -May 21
5 weeks - \$150

MONDAY STRENGTH

Elementary:

4:15-5:15pm



Middleschool:

5:15-6:15pm

THURSDAY SKILLS

Grade 2 & 3 4:30-5:30pm

Grade 5 & 6 5:30-6:30pm



WEDNESDAY STRENGTH

Elementary

4:15-5:15pm



6th - 10th Grade

5:15-6:15pm