

# 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

### SPRING 2

April 20 -May 21  
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



#### MONDAY STRENGTH

**Elementary:**

4:15-5:15pm

**Middleschool:**

5:15-6:15pm



#### TUESDAY SKILLS

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

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

**Middleschool** 6:30-7:30 pm



#### THURSDAY SKILLS

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

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



#### 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



#### WEDNESDAY STRENGTH

**Elementary**

4:15-5:15pm

**6th - 10<sup>th</sup> Grade**

5:15-6:15pm

