

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



MONDAY STRENGTH

Elementary

4:15-5:15pm

Middleschool

5:15-6:15pm



TUESDAY SKILLS

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

Grade 3, 4 and 5 5:30-6:30pm

Middleschool 6:30-7:30 pm



THURSDAY SKILLS

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

Grade 4, 5 and 6 5:30-6:30pm



WEDNESDAY SKILLS

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

Grade 4 - 7 5:30-6:30pm - Level 3 *

Grade 7 - 10 6:30-7:30 pm -Level 2-3



WEDNESDAY STRENGTH

Elementary

4:15-5:15pm

Middleschool

5:15-6:15pm

