



## 2025 Summer Training Schedule

June 2 – August 15, 2025

Team	Days	Times	Coaches
Level 1 4 hrs./wk.	Wednesday	4:00 – 6:00 pm	Emily C. / Grace K.
	Thursday	4:00 – 6:00 pm	
Level 2 9 hrs./wk.	Monday	4:00 – 7:00 pm	Lead Coach: Brittany B. Assistants: Grace K. / Katelyn C./ Emily C. / Rina A.
	Wednesday - 1st years	4:00 – 7:00 pm	
	Wednesday – 2 <sup>nd</sup> years	5:30 – 8:30 pm	
	Thursday	4:00 – 7:00 pm	
Level 3 12 hrs./wk.	Monday	3:30 – 7:30 pm	Lead Coach: Mikala A. Assistants: Emily C. / Audra W.
	Tuesday	12:00 – 4:00 pm	
	Thursday	12:00 – 4:00 pm	
Level 4 12 hrs./wk.	Monday	12:00 – 4:00 pm	Lead Coach: Audra W. Assistant: Pauline R.
	Tuesday	8:30 – 12:30 pm	
	Thursday	8:30 – 12:30 pm	
Platinum 16 hrs./wk.	Monday	8:30 – 12:30 pm	Lead Coach: Pauline R. Assistants: Mikala A. / Dave A. / Mel T. / Gabe M.
	Tuesday	8:30 – 12:30 pm	
	Wednesday	8:30 – 12:30 pm	
	Friday	8:30 – 12:30 pm	
Levels 7 16 hrs./wk.	Monday	12:00 – 4:00 pm	Dave A. / Mel T. / Gabe M.
	Tuesday	8:30 – 12:30 pm	
	Wednesday	12:00 – 4:00 pm	
	Thursday	8:30 – 12:30 pm	
Levels 8 / 9 / 10 20 hrs./wk.	Monday	8:30 – 12:30 pm	Dave A. / Mel T. / Gabe M.
	Tuesday	12:00 – 4:00 pm	
	Wednesday	8:30 – 12:30 pm	
	Thursday	12:00 – 4:00 pm	
	Friday	8:30 – 12:30 pm	