

Unity Christian--Summer Workout Program/Open Gym Schedule--2024

Weightlifting/Workouts/Open gyms: June 3-July 26

Monday

6:00-6:45am Boys weightlifting
6:30-7:30am Boys Summer running club (June 3-July 22)
6:45-7:30am Girls weightlifting
6:45-7:30am 9th-12th Boys Basketball BEST shooting (Wed May 29, Tues June 4, Mon June 10,17,24, July 1)
Boys Basketball Individual workouts (July 8,15,22)
7:30-8:30am High School Volleyball Open Gym. (June 3-July 22)
6:30-7:30pm 6th-8th Volleyball Open Gym (June 10,17,24, July 1)

Tuesday

6:00-6:45am Boys weightlifting
6:30-7:30am Boys & Girls Summer running club (June 3 - July 22)
6:45-7:30am High School Football individual workouts
9:00-10:00am 4th-8th Girls & Boys BEST shooting (May 28, June 4,11,18,25)
3:00-4:00pm 4th-8th Girls & Boys BEST shooting (May 28, June 4,11,18,25)

Wednesday

6:00-6:45am Boys weightlifting
6:45-7:30am Girls weightlifting
Boys basketball individual workouts (June 5-July 24)
7:30-8:15am Girls Basketball Individual workouts (June 5-July 24)
7:00-8:00pm Boys soccer technical workouts
7:00-8:00pm 6th-8th Boys Basketball Workouts/Open Gym (July 10,17,24)

Thursday

6:00-6:45am Boys weightlifting
6:30-7:30am Boys and Girls Summer running club (June 3-July 22)
6:45-7:30am High School Football individual workouts
8:00-9:00am Girls soccer open field (June 3-July 22)
6:30-7:30pm 6th-8th Girls Basketball Workouts/open gym (June 6,13,20,27)
7:30-9:00pm High School Girls Basketball Open Gym (June 6-July 25)

Friday

6:00-6:45am Boys weightlifting
6:45-7:30am Girls weightlifting
6:45-8:15am Boys soccer open field
7:30-8:15am Girls basketball individual workouts (June 7,21, July 5,19)
Girls volleyball individual workouts (June 14,28, July 12,26)

Testing Days—(Current grade levels)

May 21	10th & 11th boys—Weightlifting max.	6:30-7:15am
	9th boys— Weightlifting max.	7:15-8:00am
May 22	10th & 11th girls—Weightlifting max.	6:30-7:15am
	9th girls—Weightlifting max.	7:15-8:00am