



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Sports Training 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 15	Nov 16 <b><u>Soccer Training</u></b> 5 - 6 pm: 5 to 6 y/o & 7 to 9 y/o	Nov 17 <b><u>Football Training</u></b> 5 - 6 pm: 5 - 6 y/o & 7 - 9 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:30pm: 10 - 12 y/o 6:45-7:45pm: 13 - 15 y/o	Nov 18 <b><u>Soccer Training</u></b> 5 - 6 pm: 10 to 12 y/o & 13 to 15 y/o	Nov 19 <b><u>Football Training</u></b> 5 - 6 pm: 10 - 12 y/o & 13 - 15 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:15pm: 5 - 6 y/o 6:30-7:15pm: 7 - 9 y/o	Nov 20	Nov 21
Nov 22	Nov 23 <b><u>NO TRAINING</u></b>	Nov 24 <b><u>NO TRAINING</u></b>	Nov 25 <b><u>NO TRAINING</u></b>	Nov 26 <b><u>HAPPY THANKSGIVING!</u></b>	Nov 27 <b><u>NO TRAINING</u></b>	Nov 28
Nov 29	Nov 30 <b><u>Soccer Training</u></b> 5 - 6 pm: 5 to 6 y/o & 7 to 9 y/o	Dec 1 <b><u>Football Training</u></b> 5 - 6 pm: 5 - 6 y/o & 7 - 9 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:30pm: 10 - 12 y/o 6:45-7:45pm: 13 - 15 y/o	Dec 2 <b><u>Soccer Training</u></b> 5 - 6 pm: 10 to 12 y/o & 13 to 15 y/o	Dec 3 <b><u>Football Training</u></b> 5 - 6 pm: 10 - 12 y/o & 13 - 15 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:15pm: 5 - 6 y/o 6:30-7:15pm: 7 - 9 y/o	Dec 4	Dec 5
Dec 6	Dec 7 <b><u>Soccer Training</u></b> 5 - 6 pm: 5 to 6 y/o & 7 to 9 y/o	Dec 8 <b><u>Football Training</u></b> 5 - 6 pm: 5 - 6 y/o & 7 - 9 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:30pm: 10 - 12 y/o 6:45-7:45pm: 13 - 15 y/o	Dec 9 <b><u>Soccer Training</u></b> 5 - 6 pm: 10 to 12 y/o & 13 to 15 y/o	Dec 10 <b><u>Football Training</u></b> 5 - 6 pm: 10 - 12 y/o & 13 - 15 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:15pm: 5 - 6 y/o 6:30-7:15pm: 7 - 9 y/o	Dec 11	Dec 12
Dec 13	Dec 14 <b><u>Soccer Training</u></b> 5 - 6 pm: 5 to 6 y/o & 7 to 9 y/o	Dec 15 <b><u>Football Training</u></b> 5 - 6 pm: 5 - 6 y/o & 7 - 9 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:30pm: 10 - 12 y/o 6:45-7:45pm: 13 - 15 y/o	Dec 16 <b><u>Soccer Training</u></b> 5 - 6 pm: 10 to 12 y/o & 13 to 15 y/o	Dec 17 <b><u>Football Training</u></b> 5 - 6 pm: 10 - 12 y/o & 13 - 15 y/o  <b><u>Conditioning (Gymnasium)</u></b> 5:30-6:15pm: 5 - 6 y/o 6:30-7:15pm: 7 - 9 y/o	Dec 18	Dec 19

