

Unity Christian--Summer Workout Program/Open Gym Schedule--2017

Go to Calendars/Summer Workout Program on
Unity website for latest updates.

Weightlifting/Workouts/Open gyms: M/W/F June 5-July 28

Monday

6:30 am – 7:30 am

Boys weightlifting & Girls Basketball individual workouts

7:30 am – 8:30 am

Girls weightlifting & Boys Basketball individual workouts

6:30 pm – 8:00 pm

Jr. Knights Volleyball Open Gym--Girls entering grades 6-8

8:00 pm – 9:30 pm

High School Volleyball Open Gym—Girls entering grades 9-12

Tuesday

6:30-7:30am

Summer running club (June 1- Aug.3)

7:00-9:00pm

Football Skill Work

Wednesday

6:30 am – 7:30 am

Boys weightlifting

Girls Basketball individual workouts(June 7,14, July 5,12)

Volleyball individual workouts (June 21,28, July 19,26)

7:30 am – 8:30 am

Girls weightlifting

Boys Basketball individual workouts(June 7, 21, July 5,19)

Football Individual workouts (June 14, 28, July 12, 26)

6:00-7:30pm

Soccer individual workouts/Open field

6:30 pm – 7:30 pm (June 7-June 28)

Jr. Knights Girls Basketball Workouts/open gym--Girls entering grades 6-8

7:30 pm – 9:00 pm

High School Girls Basketball Open Gym—Girls entering grades 9-12

Thursday

6:30-7:30am

Summer running club

6:30 pm – 7:30 pm (June 8-July 6)

Jr. Knights Boys Basketball Workouts/Open Gym—Boys entering grades 6-8

7:30pm-9:30pm

High School Boys Basketball Open gym—Boys entering grades 9-12

Friday

6:30 am – 7:30 am

Boys weightlifting & Girls Volleyball individual workouts

7:30 am – 8:30 am

Girls weightlifting & Football individual workouts

Testing Days—(Current grade levels)

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

May 23 10th & 11th girls—Weight lifting max. 6:30-7:15am
9th girls—Weight lifting max. 7:15-8:00am

May 25 Agility Testing day 12:00pm-1:00pm **OR** May 26 Agility Testing day 7:00-8:00am
8th graders. Testing will be done at our Jr. Knights lifting program or at one of these test times.