

# SCHOOL YEAR 2023-24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TIME	SATURDAY
4:30 - 5:30				Masters 1	9:00 - 9:45	Preschool
4:45 - 5:30	Preschool	Nano	Preschool	Preschool		Nano
	Nano	Novice	Nano	Novice		Novice
	Novice		Novice	Power	9:45 - 10:30	Nano
5:00 - 6:00			Mini Masters			Power
5:15 - 6:00	Parent/Tot	Nano	Parent/Tot			
5:30 - 6:15	Preschool	Preschool	Nano	Preschool	10:30 - 11:15	Nano
	Nano	Novice	Novice	Nano		Novice
	Novice		Power	Novice		Power
	Power			Power	11:15 - 12:00	Novice
6:00 - 7:00	Masters 1	Masters 1	Mini Masters	Mini Masters	11:15 - 12:15	Mini Masters
			Masters 1	Masters 1		Masters 1
6:15 - 7:00	Nano	Nano	Nano	Nano		
			Novice	Novice		
			Power			
6:15 - 7:15	Adult Bootcamp	Mini Masters		Adult Bootcamp		
6:30 - 7:15	Novice	Novice				
7:15 - 8:00	Novice	Novice	Novice	Power		
		Power				
7:15 - 8:15	Advanced Course Training	Masters 2	Masters 2	Masters 2		
			Mission Ready (Adults)	Adult Bootcamp		

\*Highlighted classes are advanced hour long classes by coach recommendation only and cannot be registered for online. Advanced Course Training MUST be taken in conjunction with a Masters class.



Mini Masters: ages 5-7  
 Masters 1: ages 8-11  
 Masters 2: ages 12+  
 Advanced Course Training: 8+