

Unity Christian--Summer Workout Program/Open Gym Schedule--2025

Weightlifting/Workouts/Open gyms: June 2-July 25

Monday

6:00-7:00am Boys weightlifting
 6:30-7:30am Boys Summer running club (June 2-July 21)
 7:00-8:00am Girls weightlifting.
 7:00-7:45am. Boys basketball individual workouts. June 2-July 21
 8:00-9:00am High School Volleyball Open Gym/Individual workouts. (June 2-July 21)
 6:30-7:30pm 6th-8th Volleyball Open Gym. (June 9,16,23,30)

Tuesday

6:00-7:00am Boys weightlifting
 6:30-7:30am Boys and Girls Summer running club (June 3- July 22)
 7:00-7:45am High School Football individual workouts. (June 3-July 22)
 9:00-10:00am 4th-8th Girls and Boys BEST shooting (June 3,10,17,24, July 1)
 3:00-4:00pm 4th-8th Girls and Boys BEST shooting (June 3,10,17,24, July 1)
 3:30-4:30pm. 4th-8th Girls and Boys BEST shooting
(May 27. First date for BEST shooting. Only 1 session offered on this date.)

Wednesday

6:00-6:45am Boys weightlifting
 6:45-7:30am 9th-12th Boys Basketball BEST shooting (May 28, June 4,11,18,25, July 2)
 Boys Basketball Individual workouts (July 9,16,23)
 6:45-7:30am Girls weightlifting
 7:30-8:15am Girls Basketball Individual workouts (June 4-July 25)
 7:00-8:00pm Boys soccer technical workouts. (June 4-July 23)
 7:00-8:00pm 6th-8th Boys Basketball Workouts/Open Gym. (July 9,16,23)

Thursday

6:00-7:00am Boys weightlifting
 6:30-7:30am Boys and Girls Summer running club (June 5-July 24)
 7:00-7:45am Football individual workout
 8:00-9:00am Girls soccer open field. (June 5-July 24)
 6:30-7:30pm 6th-8th Girls Basketball Workouts/open gym– (June 5,12,19,26)
 7:30-9:00pm High School Girls Basketball Open Gym. (June 5-July 24)

Friday

6:00-7:00am Boys weightlifting
 6:00-7:00am Girls basketball individual workouts (June 6,20, July 18)
 Girls volleyball individual workouts (June 13,27, July 11,25)
 7:00-8:00am Girls weightlifting
 6:45-8:15am. Boys soccer open field. (June 6-July 25)

Testing Days—(Current grade levels)

May 20	10th & 11th boys—Weightlifting max.	6:30-7:15am
	9th boys— Weightlifting max.	7:15-8:00am
May 21	10th & 11th girls—Weightlifting max.	6:30-7:15am
	9th girls—Weightlifting max.	7:15-8:00am