

# Unity Christian--Summer Workout Program/Open Gym Schedule--2023

## Weightlifting/Workouts/Open gyms: June 1-July 21

### Monday

6:00-6:45am Boys weightlifting  
6:45-7:30am Girls weightlifting, Boys basketball individual workouts (Not on June 5 or July 3)  
7:30-8:15am Girls Volleyball individual workouts (June 5-July 17)  
6:30-7:30am Summer running club (June 1- July 20)  
6:00-7:30pm (June 5-July 17) Jr. Knights Volleyball Open Gym--Girls entering grades 6-8  
6:00-7:30pm Boys soccer open field  
7:30-9:00pm (June 5-July 17) High School Volleyball Open Gym—Girls entering grades 9-12

### Tuesday

6:00-6:45am Boys weightlifting  
6:30-7:30am Summer running club (June 1- July 20)  
6:30-7:30am Dance team practice  
6:45-7:30am Football individual workout

### Wednesday

6:00-6:45am Boys weightlifting  
6:45-7:30am Girls weightlifting  
6:45-7:30am 9th -12th Boys BEST shooting (May 31, June 7,14,21,28)  
Boys Basketball Individual workouts (July 5,12,19)  
7:30-8:15am 9th-12th Girls BEST shooting (May 31, June 7,14,21,28)  
Girls Basketball Individual workouts (July 5,12,19)  
8:30-9:30am 4th - 8th BEST shooting (May 31, June 7,14,21,28)  
2:15-3:15pm 4th - 8th BEST shooting (May 31, June 7,14,21,28)  
6:30-7:30pm (June 7,14,21,28) Jr. Knights Girls Basketball Workouts/open gym--Girls entering grades 6-8  
7:00-8:00pm Boys soccer technical workouts  
7:30-9:00pm (June 7-July 19) High School Girls Basketball Open Gym—Girls entering grades 9-12

### Thursday

6:00-6:45am Boys weightlifting  
6:30-7:30am Summer running club (June 1-July 20)  
6:45-7:30am Football individual workout  
8:00-9:00am Girls soccer open field. (June 1-July 20)  
7:00-8:00pm (July 6,13,20) Jr. Knights Boys Basketball Workouts/Open Gym—Boys entering grades 6-8

### Friday

6:00-6:45am Boys weightlifting  
6:45-7:30am Girls weightlifting  
7:30-8:15am Girls basketball individual workouts (June 2,16,30, July 14)  
Girls volleyball individual workouts (June 9,23, July 7,21)

### Testing Days—(Current grade levels)

May 22	10th & 11th boys—Weightlifting max.	6:30-7:15am
	9th boys— Weightlifting max.	7:15-8:00am
May 23	10th & 11th girls—Weightlifting max.	6:30-7:15am
	9th girls—Weightlifting max.	7:15-8:00am