

Unity Christian--Summer Workout Program/Open Gym Schedule--2022

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

Weightlifting/Workouts/Open gyms: June 1-July 22

Monday

6:30 am – 7:30 am

Boys weightlifting

6:30-7:30am

Summer running club (June 2-July 21)

7:30 am – 8:30 am

Girls weightlifting & Boys Football individual workouts

8:30 am – 9:30 am (June 6-July 18)

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

6:00 pm – 7:30 pm (June 6,13,20,27)

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

7:00 pm-8:15 pm Boys Soccer Open Field (June 6-July 18)

Tuesday

6:30-7:30am

Summer running club (June 2-July 21)

2:00-3:00pm. (May 31, June 7,14,21,28)

4-6 Boys & Girls BEST shooting. Boys & Girls entering grades 4-6.

3:00-4:00pm. (May 31, June 7,14,21,28)—**OPTION 1**

7-8 Boys & Girls BEST shooting. Boys and girls entering grades 7-8.

Wednesday

6:30 am – 7:30 am

Boys weightlifting

Girls Basketball BEST shooting (June 1,8,15,22,29 July 6)

Girls Basketball workout (July 13,20)

7:30 am – 8:30 am

Girls weightlifting

Boys Basketball BEST shooting (June 1,8,15,22,29 July 6)

Boys Basketball workout (July 13,20)

6:30 pm – 7:30 pm (June 8,15,22,29)

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

7:30 pm – 9:00 pm (June 8-July 20)

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

Thursday

6:30-7:30am

Summer running club (June 2-July 21)

8:00 am-9:00am. Girls soccer open field. (June 2-July 21)

7:00 pm – 8:00 pm (June 30, July 7,14,21)

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

Friday

6:30 am – 7:30 am

Boys weightlifting

Girls Basketball individual workouts (June 3,10, July 1,8)

Girls Volleyball individual workouts (June 17,24, July 15,22)

7:30 am – 8:30 am

Girls weightlifting

Boys Basketball individual workouts (June 3,10, July 1,8)

Football individual workouts (June 17,24 July 15,22)

9:00-10:00am. (June 3,10,17,24, July 1) **OPTION 2**

7-8 Girls and Boys BEST shooting. Girls and Boys Entering grades 7-8

Testing Days—(Current grade levels)

May 23 10th & 11th girls—Weight lifting max. 6:30-7:15am. **May 24.** 10th-11th boys—Weight lifting max. 6:30-7:15am
9th girls— Weight lifting max. 7:15-8:00am 9th boys—Weight lifting max. 7:15-8:00a

May 25 9th-11th girls—Speed/Agility Testing7:00am-7:45am **May 26.** 9th-11th boys—Speed/Agility Testing. 7:00am-7:45am