

Unity Christian--Summer Workout Program/Open Gym Schedule--2021

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

Weightlifting/Workouts/Open gyms: June 1-July 23

Monday

6:30 am – 7:30 am

Boys weightlifting & Girls Volleyball individual workouts

6:30-7:30am

Summer running club (June 1- July 22)

7:30 am – 8:30 am

Girls weightlifting & Boys Football individual workouts

6:00 pm – 7:30 pm (June 7-July 19)

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

7:00 pm-8:15 pm Boys Soccer Open Field (June 7-July 19)

7:30 pm – 9:00 pm (June 7-July 19)

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

Tuesday

6:30-7:30am

Summer running club (June 1- July 22)

9:15-10:15am. (June 1,8,15,22, 29,July 6)

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

3:15-4:15pm. (June 1,8,15,22,29, July 6)

5-6 Boys BEST shooting. Boys entering grades 5-6.

Wednesday

6:30 am – 7:30 am

Boys weightlifting

Girls Basketball BEST shooting (June 2,9,16,23,30 July 7)

Girls Basketball workout (July 14,21)

7:30 am – 8:30 am

Girls weightlifting

Boys Basketball BEST shooting (June 2,9,16,23,30 July 7)

Boys Basketball workout (July 14,21)

6:30 pm – 7:30 pm (June 9,16,23,30)

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

7:30 pm – 9:00 pm (June 9-July 21)

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

Thursday

6:30-7:30am

Summer running club(June 1-July 22)

6:30 am-7:30 am Boys soccer individual workouts

7:00 pm – 8:00 pm (July 1,8,15,22)

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

8:00 am-9:00am. Girls soccer open field. (June 3-July 22)

Friday

6:30 am – 7:30 am

Boys weightlifting

Girls Basketball individual workouts(June 4,11,18, July 23)

Girls Volleyball individual workouts(June 25, July 2,9,16)

7:30 am – 8:30 am

Girls weightlifting

Boys Basketball individual workouts(June 4,11,18, July 23)

Football individual workouts(June 25, July 2,9,16)

Testing Days—(Current grade levels)

May 24 10th & 11th boys—Weight lifting max. 6:30-7:15am

9th boys— Weight lifting max. 7:15-8:00am

May 25 10th & 11th girls—Weight lifting max. 6:30-7:15am

9th girls—Weight lifting max. 7:15-8:00am

