



WORKOUT & PRACTICE SCHEDULE

APRIL 4 - MAY 26 (WORKOUTS)

TUESDAYS, THURSDAYS, FRIDAYS 6PM - 7:30PM

MAY 30 - JUNE 30 (CONDITIONING CAMP)

MONDAYS-THURSDAYS 6PM - 8PM

JULY 3 - UNTIL SEASONS END PADDED PRACTICES

MONDAYS-THURSDAYS (TUES-THURS DURING SEASON) 6PM - 8PM

(ALL WORKOUTS, CAMPS & PRACTICES ARE HELD @ GARFIELD PARK OLD BIRCH)

SIGN UP DATES & TIMES

MAY 20 - JUNE 17 - JUNE 24

10AM - 1PM @ GARFIELD HEIGHTS LIBRARY

JULY 29

10AM - 2PM @ SUNOCO (CORNER OF GRANGER & TURNEY)

CONTACT INFORMATION

TERRENCE O'NEAL

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