

SENECA VALLEY WEIGHT ROOM, FIELD, GYM SCHEDULE

Summer 2018

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-10	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	
10-12	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	8-12- football workouts- indoor facilities 6/20-7/12	
12-2					
2-4		Boys basketball Soccer- 245-345- gunners park		Boys basketball Soccer- 245-345- gunners park	
4-6	4-7- football workouts-7/15-7/26	Cheer- workouts Tues/Thur- in July 4-7- football workouts-7/15-7/26 Poms-July- 430-630	Girls Basketball 4-7- football workouts-7/15-7/26 Poms-July- 430-630	Cheer- workouts Tues/Thur- in July 4-7- football workouts-7/15-7/26 Poms-July- 430-630	Girls Basketball
6-8					