

Lower School

Session: Tuesday 3.30pm – 4.45pm
Thursday 3.30pm – 4.45pm

Course: FUNDamentals
Stroke Development
Footwork
Fitness
Tactical Development



Middle School

Session: Monday 3.30pm – 4.45pm
Wednesday 2.30pm – 4pm

Course: FUNDamentals
Stroke Development
Footwork
Fitness
Tactical Development



Junior Squad

Selection Only

Session: Wednesday 2.30pm – 4pm
Friday 3.30pm – 5pm

Course: FUNDamentals
Stroke Development
Footwork
Fitness
Tactical Development



Senior Squad

Selection Only

Session: Tuesday 3.30pm – 5pm
Thursday 3.30pm – 5pm

Course: FUNDamentals
Stroke Development
Footwork
Fitness
Tactical Development

