

Lady Titans FALL 2014 Practice Schedule

All Practices will be @ the Rec Center and any changes will be sent via text

Mon:

5/6th Grade 6:30 – 7:45 PM

8th Grade 7:30 – 9:00 PM

HS 7:30 – 8:30 Yoga Teaneck Jewish Center 800 Broad St Teaneck, NJ 07666 (TJC)

Tuesday:

5/6th Grade 6:30 – 7:45 PM

7th Grade 7:45-9:00 PM

Wednesday:

7th Grade 6:30 – 7:45 PM

8th Grade 7:30-9:00 PM

Thursday:

HS WORKOUTS 7:30 – 9:00 PM (Alan Stein workout Pre-Season)

Potential LEAGUE PLAY @ Rec Center 5/6th & 7/8th Grade (TBD)

Friday:

SPIN CLASSES 7:00 PM @ Club Fit Teaneck. NJ

Saturday:

LEAGUE PLAY 5/6th & 7/8th Grade (TBD)

Sunday:

3/4th Grade 10:00 AM – 11:00 PM (one Hour Clinic for 3/4th Graders flyer to be sent to public schools)

LEAGUE PLAY 5/6th & 7/8th Grade (TBD)

HS Swim Class Sunday 4:30 PM (Aqua Aerobics) (TJC)

NOTE: Schedule is subject to change and we will attempt to provide one week's notice whenever possible.