

# SPRING GROVE GYM(S) SCHEDULE

## JUNE 6 – JULY 31, 2023

Day of Week	Time Scheduled	Activity Scheduled/Supervisor
<b>Sunday</b>		Open Gyms TBD
<b>Monday</b>	5:45 am – 8:30 am	FB Lift/Speed – Wt Room & 1 Gym (Moore/A.Elton)
	6:00 am – 7:00 am	Girls Workout/Gym Use – 1 Gym (Morken/T. Elton)
	7:00 am – 8:30 am	GBB Practice – 2 gyms (Elton)
	8:30 am – 11:00 am	GBB Camp Hoops - 1 gym (T. Elton)
	8:30 am – 10:30 am	BBB Workout – 1 gym (Grinde)
	5:30 pm – 7:00 pm	7/8 BBB Practice – 1 gym (D. Eiken)
<b>Tuesday</b>	6:00 am – 8:30 am	Girls Lift, Workout/Gym Use – 1 Gym (Morken/T. Elton) VB Lift/Practice – Wt Room & 2 gyms (Morken)
	8:30 am – 11:00 am	VB Summer Camp Series 2 gyms (Morken)
	11:00 am – 12:30 pm	Elem BBB Camp (Gr 2,3,4) – 1 gym (R.Bartell) June 13, 20, 27, July 11, 18
<b>Wednesday</b>	5:45 am – 8:30 am	FB Lift/Speed – Wt Room & 1 Gym (Moore/A.Elton)
	6:00 am – 8:30 am	Girls Workout/Gym Use – 1 Gym (Morken/T. Elton)
	8:30 am – 10:30 am	BBB Workout – 2 gyms (Grinde)
	5:30 pm – 7:00 pm	5 <sup>th</sup> BBB Practice – 1 gym (B. Kittleson)
<b>Thursday</b>	6:00 am – 8:00 am	Girls Lift, Workout/Gym Use – 1 Gym (Morken/T. Elton)
	9:00 am – 10:30 am	8 <sup>th</sup> BBB Practice – 1 gym (B. Storlie)
	6:00 pm – 9:00 pm	BBB Practice/Scrimmage – 2 gyms (Grinde)
<b>Friday</b>	5:45 am – 8:30 am	FB Lift/Speed – Wt Room & 1 Gym (Moore/A.Elton)
	8:30 am – 10:30 am	BBB Workout – 2 gyms (Grinde)

- Schedule as of May 31 and subject to change – other workouts, camps, clinics may be added
- No Contact Week – **July 1 – 7**
- Main Gym will be closed from **June 28 – July 10** for floor maintenance (subject to change)
- Coaches/Supervisors – Please handle the following each session:
  - All balls, equipment, etc put away
  - Check and secure all gym area lights, fans, doors, bathrooms, etc.
  - Make sure kids are out of the building before you leave
  - Make sure there are no doors propped

*Problems/Concerns – Contact Shelly Anderson (507-450-6978)*