

ACADEMY SCHEDULE

| Monday                     | Tuesday                         | Wednesday                | Thursday                        | Friday                     | Saturday                  |
|----------------------------|---------------------------------|--------------------------|---------------------------------|----------------------------|---------------------------|
| 4:30-7:30 <b>Level 3</b>   | 4:30-6:00 <b>Level 2</b>        | 4:30-7:30 <b>Level 3</b> | 4:30-6:00 <b>Level 2</b>        | 4:30-7:30 <b>Level 4</b>   | 9:30-11:30 <b>Level 2</b> |
| 4:30-7:30 <b>Level 5</b>   | 4:30-7:30 <b>Level 4</b>        | 4:30-7:30 <b>Level 5</b> | 4:30-7:30 <b>Level 4</b>        | 4:30-7:30 <b>Level 5</b>   | 9:30-1:30 <b>Level 4</b>  |
| 4:30-7:30 <b>Level 6/7</b> | 4:30-6:30 <b>Xcel Silver</b>    | 6:00-8:00 <b>BOYS</b>    | 4:30-6:30 <b>Xcel Silver</b>    | 4:30-7:30 <b>Level 6/7</b> | 9:30-1:30 <b>Level 5</b>  |
| <b>TOPS Beth</b>           | 4:30-7:30 <b>Xcel Gold</b>      |                          | 4:30-7:30 <b>Xcel Gold</b>      |                            | 11:00-2:00 <b>Level 3</b> |
| 6:00-8:00 <b>BOYS</b>      | 4:30-7:30 <b>Level 6/7/Plat</b> |                          | 4:30-7:30 <b>Level 6/7/Plat</b> |                            |                           |
|                            | <b>TOPS Beth</b>                |                          |                                 |                            |                           |

\*Academy is Nook's competitive team. Athletes must be evaluated. Not open to public.