



2022-2023 NVA Open Gyms

GET TO KNOW US
PRIOR TO
TRYOUTS!

What are open gyms?

Open gyms are a FREE way to learn more about a club program. We focus on live play, where athletes and parents can meet our staff and tour our facility.



11U-14U Open Gym Dates & Times

- Sunday, 10/9 from 1-3PM
- Sunday, 10/16 From 1-3PM
- Sunday, 11/6 (If team offer accepted) from 1-3PM



15U-18U Open Gym Dates & Times

- Sunday, 10/9 from 3-5PM
- Sunday, 10/16 From 3-5PM
- Sunday, 11/6 From 3-5PM

Questions?



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