**Cherry Creek Middle School Summer Skate Strength and Conditioning Training Schedule**

**Strength and Conditioning Location**

**Cherry Creek High School**

**9300 E. Union Avenue**

**Greenwood Village, CO 80111**

**Skate Sessions Location Family Sports Center**

| **Dates** | **Session** | **Ice Time** | **Length** | **Location** |
| --- | --- | --- | --- | --- |
| 6/8/20 | 1 | 4:10 pm | 60 mins | Family Sports Center |
| 6/10/20 | 2 | 4:10 pm | 60 mins | Family Sports Center |
| 6/15/20 | 3 | 5:20 pm | 60 mins | Family Sports Center |
| 6/17/20 | 4 | 5:20 pm | 60 mins | Family Sports Center |
| 6/22/20 | 5 | 5:20 pm | 60 mins | Family Sports Center |
| 6/24/20 | 6 | 6:00 pm | 60 mins | Family Sports Center |
| 6/29/20 | 7 | 5:20 pm | 60 mins | Family Sports Center |
| 7/8/20 | 8 | 5:00 pm | 60 mins | Family Sports Center |
| 7/13/20 | 9 | 5:20 pm | 60 mins | Family Sports Center |
| 7/15/20 | 10 | 5:20 pm | 60 mins | Family Sports Center |
| 7/20/20 | 11 | 5:10 pm | 60 mins | Family Sports Center |
| 7/22/20 | 12 | 6:00 pm | 60 mins | Family Sports Center |
| 7/27/20 | 13 | 5:20 pm | 60 mins | Family Sports Center |
|  |  |  |  |  |

**Middle School Strength And Conditioning Sessions Location Cherry Creek High School**

| **Dates** | **Session** | **Time** | **Length** |
| --- | --- | --- | --- |
| 6/9/20 | 1 | 11:15am | 60 mins |
| 6/16/20 | 2 | 11:15am | 60 mins |
| 6/18/20 | 3 | 11:15am | 60 mins |
| 6/23/20 | 4 | 11:15am | 60 mins |
| 6/25/20 | 5 | 11:15am | 60 mins |
| 6/30/20 | 6 | 11:15am | 60 mins |
| 7/9/20 | 7 | 11:15am | 60 mins |
| 7/14/20 | 8 | 11:15am | 60 mins |
| 7/16/20 | 9 | 11:15am | 60 mins |
| 7/21/20 | 10 | 11:15am | 60 mins |
| 7/23/20 | 11 | 11:15am | 60 mins |
| 7/28/20 | 12 | 11:15am | 60 mins |
|  |  |  |  |

**Cherry Creek High School Summer Skate Strength and Conditioning Training Schedule**

**Strength and Conditioning Location**

**Cherry Creek High School**

**9300 E. Union Avenue**

**Greenwood Village, CO 80111**

**Skate Sessions Location Family Sports Center**

| **Dates** | **Session** | **Ice Time** | **Length** | **Location** |
| --- | --- | --- | --- | --- |
| 6/8/20 | 1 | 1:50 pm | 60 mins | Family Sports Center |
| 6/10/20 | 2 | 1:50 pm | 60 mins | Family Sports Center |
| 6/15/20 | 3 | 4:10 pm | 60 mins | Family Sports Center |
| 6/17/20 | 4 | 4:10 pm | 60 mins | Family Sports Center |
| 6/22/20 | 5 | 4:10 pm | 60 mins | Family Sports Center |
| 6/24/20 | 6 | 4:50 pm | 60 mins | Family Sports Center |
| 6/29/20 | 7 | 4:10 pm | 60 mins | Family Sports Center |
| 7/8/20 | 8 | 3:50 pm | 60 mins | Family Sports Center |
| 7/13/20 | 9 | 4:10 pm | 60 mins | Family Sports Center |
| 7/15/20 | 10 | 4:10 pm | 60 mins | Family Sports Center |
| 7/20/20 | 11 | 4:00 pm | 60 mins | Family Sports Center |
| 7/22/20 | 12 | 4:50 pm | 60 mins | Family Sports Center |
| 7/27/20 | 13 | 4:10 pm | 60 mins | Family Sports Center |
|  |  |  |  |  |

**High School Strength and Conditioning Sessions Location Cherry Creek High School**

| **Dates** | **Session** | **Time** | **Length** |
| --- | --- | --- | --- |
| 6/9/20 | 1 | 10:00am | 60 mins |
| 6/16/20 | 2 | 10:00am | 60 mins |
| 6/18/20 | 3 | 10:00am | 60 mins |
| 6/23/20 | 4 | 10:00am | 60 mins |
| 6/25/20 | 5 | 10:00am | 60 mins |
| 6/30/20 | 6 | 10:00am | 60 mins |
| 7/9/20 | 7 | 10:00am | 60 mins |
| 7/14/20 | 8 | 10:00am | 60 mins |
| 7/16/20 | 9 | 10:00am | 60 mins |
| 7/21/20 | 10 | 10:00am | 60 mins |
| 7/23/20 | 11 | 10:00am | 60 mins |
| 7/28/20 | 12 | 10:00am | 60 mins |
|  |  |  |  |