

BUILDING CONFIDENCE & BETTER ATHLETES

T3 Performance - Lorain

School Year Schedule



Athlete 101
Ages 6-11
(60 Minutes)

**Middle School
Athlete Training**
Ages 12-14
(90 Minutes)

**High School
Athlete Training**
Ages 15-18
(90 Minutes)

MONDAY	6:00PM	4:30PM	4:00PM
TUESDAY	6:00PM	4:30PM 6:30PM*	4:00PM 6:30PM*
WEDNESDAY	6:00PM	4:30PM	4:00PM
THURSDAY	6:00PM	4:30PM 6:30PM*	4:00PM 6:30PM*
FRIDAY		4:00PM*	4:00PM*
SATURDAY		9:30AM	9:30AM

*Combination Group (Ages 12-18)

For More Info, Contact Reginald Lander

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