



# ATHLETIC PERFORMANCE TRAINING

AT THE WILTON Y



## SUMMER SCHEDULE

June 29 – August 30, 2026

### ELEMENTARY

DAY	TIME
MON	4:30–5:30 PM
TUES	10:00–11:00 AM
TUES	5:30–6:30 PM
THUR	10:00–11:00 AM
THUR	5:30–6:30 PM
SAT	9:00–10:00 AM
SUN	10:00–11:00 AM

### MIDDLE SCHOOL

DAY	TIME
MON	10:30–11:30 AM
MON	6:30–7:30 PM
TUES	9:00–10:00 AM
TUES	5:30–6:30 PM
WED	10:30–11:30 AM
WED	6:30–7:30 PM
THURS	9:00–10:00 AM
THURS	5:30–6:30 PM
FRI	10:30–11:30 AM
SAT	9:00–10:00 AM
SUN	10:00–11:00 AM

### HIGH SCHOOL

DAY	TIME
MON	10:30–11:30 AM
MON	5:30–6:30 PM
TUES	8:00–9:00 AM
TUES	6:30–7:30 PM
WED	10:30–11:30 AM
WED	5:30–6:30 PM
THUR	8:00–9:00 AM
THUR	6:30–7:30 PM
FRI	10:30–11:30 AM
SAT	9:00–10:00 AM
SUN	11:00 AM–12:00 PM

\* Schedule subject to change based on demand. Must be preregistered in advance. \*



SPACE IS LIMITED – REGISTER NOW!