



2025 CLINICS

Women-Inclusive Clinics

June 5

June 26

July 3

July 17

August 20

September 11

September 25

June/July: 5-8 pm August: 5-7:30 pm

September: 5-7 pm

Women-Inclusive Progression Series

*July 31/August 7 (optional- Hot August Laps
event)/August 14/August 21*

Purchase as a package
5-7:30 pm



2025 CLINICS

Youth Clinics

June 7

June 14

June 28

July 12

August 2

August 16

9:00-11:30 am

Youth Progression Series

Progression Series 1: June 17/18/19

Progression Series 2: July 1/2/3

Progression Series 3: July 15/16/17

Each program is 3 days and purchased as a package

9:00-11:00 am



2025 CLINICS

Open Clinics

June 11

July 10

July 23

August 6

August 20

September 10

June/July: 5-8 pm August: 5-7:30 pm

September: 5-7 pm