






2022 Marlins Holiday Schedule LSC



Days Groups	Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23	Saturday 12/24	Sunday 12/25
Junior Age Group	5:45- 6:30pm	5:45- 6:30pm		5:45-6:30pm			
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Silver	4:30- 6:00pm	4:30- 5:45pm +5:45- 6:15*	4:30- 6:00pm	4:30-5:45pm +5:45-6:15*	4:30- 5:45pm	+7:30-8:00a 8:00-9:30am At the CAC	
Senior Development	4:30- 6:00pm	4:30- 5:45pm +5:45- 6:15*	4:30- 6:00pm	4:30-5:45 +5:45-6:15*	4:30- 5:45pm	6:00-8:00am +8:00-9:00a* At the CAC	

There is no mandatory attendance, but the more attendance the more improvement, consistency is the key to success!



2022 Marlins Holiday Schedule LSC



Days Groups	Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday 1/01
Junior Age Group	OFF	OFF		OFF			
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Silver	OFF	OFF	OFF	OFF	OFF	+7:30-8:00a 8:00-9:30am At the CAC	
Senior Development	OFF	OFF	OFF	4:30-5:45 +5:45-6:15*	4:30- 5:45pm	6:00-8:00am +8:00-9:00a* At the CAC	

There is no mandatory attendance, but the more attendance the more improvement, consistency is the key to success!