

Solid Rock 2022-2023 School Year Class Schedule

JUNIOR CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Co-Ed Parent Tot 18 mo thru 3 yrs 50 Minutes , 6:1 ratio		5:30 PM	5:30 PM	5:30 PM		
Co-Ed Junior A 3 thru 4.5 yrs 50 minutes 5:1 ratio	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM		9:00 AM 10:00 AM 11:00 AM
Co-Ed Junior A/B 3.5 thru 5 yrs 50 minutes 5: 1 Ratio						9:00 AM 10:00 AM 11:00 AM
Co-Ed Junior B 4.5 thru 6 yrs 50 minutes 6:1 ratio	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM		9:00 AM 10:00 AM 11:00 AM
GIRLS ADV Juniors 4 thru 6 yrs (Invite Only) 75 minutes				5:30 PM		
SCHOOL AGE CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GIRLS Rec A 6 thru 7.5 yrs 55 minutes, 7:1 Ratio	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM		9:00 AM 10:00 AM 11:00 AM
GIRLS Rec A/B 7 thru 8 yrs 55 minutes, 7:1 Ratio	4:30 PM 5:30 PM 6:30 PM		5:30 PM			
GIRLS Rec B 7.5 thru 9 yrs 55 minutes, 8:1 Ratio	4:30 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM		9:00 AM 10:00 AM 11:00 AM
GIRLS Rec C 10 thru 15 yrs 55 minutes, 8:1 Ratio	7:30 PM		7:30 PM			
BOYS Rec 6 thru 10 yrs 55 minutes, 7:1 Ratio				4:30 PM		10:00 AM
GIRLS Inter /Adv Rec 6 thru 9 yrs (Invite only) 75 minutes, 6:1 Ratio		6:30 PM		6:30 PM		
GIRLS Pre Team 6 thru 9 yrs (Invite only) 105 Min, 2x week req		4:30 PM		4:30 PM		
ADULT CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Co-Ed Adult Rec 16 yrs +, 55 minutes,		8:00 PM		8:00 PM		
COST			SESSION DATES			
50 - 55 min \$81 per session			Winter 1: Nov 21st - Dec 17th			
75 min \$91 per session			Winter 2: Jan 2nd - Jan 28th			
105 min \$165 per session			Winter 3: Jan 30th - Feb 25th			
ALL SESSIONS ARE 4 WEEKS LONG			Spring 1: Feb 27th - Mar 25th			