

June 2026 Baseball

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	-	11	12	13
Week 1 14	15 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	16 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	17 Swimming Pool 9- 10 if available (flexible)	18 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	19	20
Week 2 21	22 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	23 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	24 Swimming Pool 9- 10	25 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	-	27
Week 3 28	29 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	30 Field Hose weight room 11:30-1:00 Stretch at Baseball field first				

July 2026 Baseball

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3			1 Swimming Pool 9-10	2 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	3	4
5 Week 4	8 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	7 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	8 Swimming Pool 9-10	9 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	10	11
12 Week 5	13 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	14 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	15 Swimming Pool 9-10	16 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	17	18
19 Week 6	20 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	21 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	22 Swimming Pool 9-10	23 Field Hose weight room 11:30-1:00 Stretch at Baseball field first	24	25
26 Week 8	27	28	29	30	31	