

Paternostro Training Center
Winter Schedule Part 2:
1/7 – 3/1

- *In-Season Teams will train during the school day.*
- *In-Season teams can schedule after school sessions with coach's approval.*
- *Look for announcements about schedule changes. @PJLionStrong on social media.*
- *During conflicts in-season teams take priority over off-season.*

** Any athletes who don't take phys. ed. should make at least 1 Open gym a week. See Coach Lopez to schedule.*

** All are welcome during open gym hours. Must be proficient in exercise technique. See Coach Lopez to schedule.*

Monday: 2:45 – 4:00 Football
4:00 – 5:30 Girls Lacrosse / Baseball

Tuesday: 2:45 – 4:00 Boys Lacrosse
4:00 – 5:00 Winter Track

Wednesday: 2:45 – 4:00 Girls Lacrosse
4:00 – 5:30 Football

Thursday: 2:45 – 4:00 Boys Lacrosse
4:00 – 5:00 Winter Track

Friday: 2:45 – 4:00 Swimming / Baseball
4:00 – 5:30 Football