

# GISST Training Schedule 2023-24

## Winter Season (January - March 2024)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.1	<b>U14 Girls Basketball</b> 8 Jan - 18 March 4:00 - 5:30 pm	<b>U14 &amp; Varsity Table Tennis</b> 9 Jan - 16 April 4:00 - 5:30 pm	<b>U14 Girls Basketball</b> 10 Jan - 20 March 4:00 - 5:30 pm	<b>U14 &amp; Varsity Table Tennis</b> 11 Jan - 18 April 4:00 - 5:30 pm	<b>Varsity Volleyball (prep-season)</b> 12 Jan - 22 March 3:45 - 5:00 pm
Gym 1.2		<b>Varsity Boys Basketball</b> 9 Jan - 19 March 4:00 - 5:30 pm		<b>Varsity Boys Basketball</b> 11 Jan - 21 March 4:00 - 5:30 pm	
Gym 2.1	<b>U14 Girls Volleyball</b> 8 Jan - 3 June 4:00 - 5:30 pm	<b>U14 Boys Basketball</b> 9 Jan - 19 March 4:00 - 5:30 pm	<b>U14 Girls Volleyball</b> 10 Jan - 5 June 4:00 - 5:30 pm	<b>U14 Boys Basketball</b> 11 Jan - 21 March 4:00 - 5:30 pm	
Gym 2.2					
Gym 2.3	<b>U14 Boys Volleyball</b> 8 Jan - 3 June 4:00 - 5:30 pm	<b>Varsity Girls Basketball</b> 9 Jan - 19 March 4:00 - 5:30 pm	<b>U14 Boys Volleyball</b> 10 Jan - 5 June 4:00 - 5:30 pm	<b>Varsity Girls Basketball</b> 11 Jan - 21 March 4:00 - 5:30 pm	
Swimming pool (Uni)	<b>U14 &amp; Varsity Swimming (advanced level)</b> 18 Sept - 29 Jan 5 Feb - 24 June 4:00 - 5:00 pm				
					<b>G 3-5 Swimming (advanced level)</b> 22 Sept - 26 Jan 9 Feb - 28 June 2:30 - 3:15 / 3:15 - 4:00 pm