

2024 Spring Break Practice Schedule

APEX is closed from March 25 - 31st for Spring Break. Team practices only will be held this week according to the schedule below. This is the only time that they will have practice during this week. All regular schedules will resume on

Level 3 Girls	Monday & Wednesday 5:00 - 8:00 pm
Level 4 - 6 Girls	Monday & Wednesday 5:00 - 8:00 pm
Level 7 - 10 Girls	Monday & Wednesday 5:00 - 8:00 pm Thursday 9:00 - 12:00
Boys All JO levels plus Xcel SR	Monday & Thursday 5:00 - 8:00 pm
All T & T	Monday 5:00 - 6:30 pm
All Developmental Teams	Tuesday 4:30 - 6:00 pm
Little Gems & Onyx	Monday 4:00 - 5:00 pm
Xcel Bronze & Silver	Tuesday 6:00 - 8:30 pm
Xcel Gold, Platinum, Diamond	Tuesday 6:00 - 8:30 pm
Boys Xcel Jr	Thursday 5:00 - 7:30