

ACROBATIC GYMNASTICS Training Schedule **FALL/WINTER/SPRING 2015 DRAFT**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Acro P1 Group 10:30-12:30 (Alyssa)					Acro P1 5:45-7:45 (Alyssa)	
Acro P2 5:00-7:00 (Vlada)	Acro P2 4:00-6:00 (Vlada)				Acro P2 6:30-8:30 (Vlada)	
	Top's Class P1 & Boys 6:00-7:30 (Alyssa) Base's Class P1 & Boys 7:30-9:00 (Alyssa)	Tumbling for Acro P1&Boys 4:15-6:45 (Alyssa)		Acro Boys Group 5:30-7:30 (Don)	Acro Boys Group 5:00-7:00 (Don)	
Acro Boys Group 6:00-8:00 (Don)		Acro Boys MG 4:30-6:30(Don)				@Cheerforce Wolf Pack Acro P3 3:30-7:30(Greg/Scott)
Acro P3 12:30-3:30 (Greg/Scott)	Acro P3 7:00-9:00 (Kelsey)	Acro P3 4:30-6:30 (Kelsey)	Acro P3 6:15-8:45 (Sophie)			
Tumbling for Acro P2 & Boys 3:30-5:00 (Greg/Scott)						
Acro AG 5:00-8:00 (Greg/Scott)	Acro AG 6:00-9:00 (Greg/Scott)	Acro AG/Jr/Sr 6:30-9:30am (Greg/Scott)	Acro AG/Jr/Sr 12:00-4:00 (Greg/Scott)	Acro AG 4:00-7:00 (Greg/Scott)	Acro AG/Jr/Sr 3:30-7:30 (Greg/Scott)	
Acro Jr/Sr 5:00-9:00 (Greg/Scott)	Acro Jr/Sr 3:00-7:00 (Greg/Scott)		Top's Class P2 & Boys 4:00-5:30 (Greg) Base's Class P2 & Boys 4:00-5:30 (Scott)	Acro Jr/Sr 5:00-9:00 (Greg/Scott)		

AI = Alyssa

V = Vlada

D = Don

K = Kelsey

G = Greg

S = Scott

SO = Sophie

The fall program begins Wednesday, September 9th. It is possible that the club may have some gym maintenance to take care of the first week of September. If this is the case then the program may start back at a later date. If there is a change to the Wednesday, September start date you will be informed.

Provincial 1 Group = 4 hours of partner class time + 1.5 hours of Tumbling for Acro + 1.5 hours of Tops or Bases Class = Total 7 hours

Provincial Boys Group = 6 hours of partner class time + 1.5 hours of Tumbling for Acro + 1.5 hours of Tops or Bases Class = Total 9 hours

Provincial 2 Group = 6 hours of partner class time + 1.5 hours of Tumbling for Acro + 1.5 hours of Tops or Bases Class = 9 hours

Provincial 3 Group = 13.5 hours of class time (no extra tumbling, tops or bases classes, choreography is extra)

Age Group Group = 19 hours of class time (no extra tumbling, tops or bases classes, choreography is extra)

Junior/Senior Group = 22 hours of class time (no extra tumbling, tops or bases classes, choreography is extra)