

2017

July

Skill Building

Level 1 - Tumbling, Stunts, Crafts
Level 2+ - Mandatory Skills

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30 	01 CANADA DAY Gym Closed
02	03	04	05	06	07	08
09	10 Rec/Prep day camp Level 2 12:00-2:30 Tumbling 5:30-6:30 Level 3/4 4:30-7:00	11 Rec/Prep day camp Level 2 12:00-2:30 Tumbling 5:30-6:30 Level 3/4 4:30-7:00	12 Rec/Prep day camp Level 2 12:00-2:30 Level 3/4 4:30-7:00	13 Rec/Prep day camp Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	14 Rec/Prep day camp	15
16	17 Parkour 10:30-12:00 Level 1 12:30-3:00 Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	18 Parkour 10:30-12:00 Level 1 12:30-3:00 Tumbling 5:30-6:30	19 Parkour 10:30-12:00 Level 1 12:30-3:00 Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	20 Parkour 10:30-12:00 Tumbling 5:30-6:30	21	22
23	24	25	26	27	28	
30	31	NOTES Day Camps run 9:00 - 12:00 (half day) and 9:00 - 3:00 (full day) Y2/J3 S&C (Mandatory Team/Flyer/Group Strength & Conditioning) Sr Open Camps TBA				

2017

August

Choreography

Level 1 - Tumbling, Stunts, Crafts
Level 2+ - Mandatory Choreography

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
06 	07 BC DAY Gym Closed	08 Parkour 1:00-2:30 Tumbling 5:30-6:30	09 Parkour 1:00-2:30 Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	10 Parkour 1:00-2:30 Tumbling 5:30-6:30	11 Parkour 1:00-2:30	12
13 Youth 2 10:00-2:00 Junior 3 3:30-6:30	14 Youth 2 10:00-1:00 Junior 3 2:30-5:00 Tumbling 5:30-6:30	15 Junior 3 10:00-12:00	16 Junior 2 10:00-12:30 Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	17 Junior 2 10:00-12:30 Tumbling 5:30-6:30	18 Junior 2 10:00-12:30	19
20	21 Rec/Prep day camp Level 1 1:00-3:30 Tumbling 5:30-6:30	22 Rec/Prep day camp Level 1 1:00-3:30 Tumbling 5:30-6:30	23 Rec/Prep day camp Level 1 1:00-3:30 Tumbling 5:30-6:30 Y2/J3 S&C 6:30-7:30	24 Rec/Prep day camp	25 Rec/Prep day camp	26
27	28	29	30	31	01	02
03	04 LABOUR DAY Gym Closed	Notes: Day Camps run 9:00 - 12:00 (half day) and 9:00 - 3:00 (full day) REGULAR TRAINING SCHEDULE STARTS Tuesday, September 5, 2017				

