

**July  
2018**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>CANADA DAY</b>	2 GYM CLOSED NO PRACTICES	3	4 All-Star Team Skills Camp – Level 1 &2 – South Gym	5	6	7
8 Open Gym NORTH 6:30-8:30	9 All-Star Team Skills Camp – Level 1 &Y3 – North Gym	10	11	12	13	14
		<b>***Recreational Camp Week – South Gym – Unicorn Theme***</b>				
15 Open Gym SOUTH 6:30-8:30	16	17	18 All-Star Team Skills Camp – Level 3 – South Gym	19	20	21 <b>Level 5 Camp</b>
		<b>***Recreational Camp Week – North Gym – Super Hero Theme***</b>				
22 Open Gym NORTH 6:30-8:30 Level 5 Camp	23 All-Star Team Skills Camp – Level 3&4 – North Gym	24	25	26	27	28
		<b>***Recreational Camp Week – South Gym – Super Hero Theme***</b>				
29 No Open Gym	30	31				

**August  
2018**



All-Star Training Break August 6-24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 All-Star Training Break Begins	7 Open Gym 6:30-8:30 South	8	9	10	11
12	13	14 Open Gym 6:30-8:30 North	15	16	17	18
19	20	21 Open Gym 6:30-8:30 South	22	23	24 All-Star Training Break Ends	25
***Recreational Camp Week – South Gym – Under the Big Top Theme***						
26	27 Practices Resume All-Star	28	29	30	31	
***Tumbling Camps – South AM, North PM***						

**September  
2018**



Fall Tumbling and Recreational Classes run Sept 10-Dec 14

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Gym Closed
2 Gym Closed	3 Gym Closed Labor Day	4	5	6	7	8 Weekend Practices Commence Open Gym 3:30-5:30 South
9 Weekend Practices Commence	10 PREP TEAMS BEGIN	11	12	13	14	15 Open Gym 3:30-5:30 North
16	17	18	19	20	21 <i>J3/S3 Practice South J4/S3/S4 Practice North</i>	22 Open Gym 3:30-5:30 South
23	24	25	26	27	28 <i>I05/I0C5 Practice North</i>	29 Open Gym 3:30-5:30 North
30						

**October  
2018**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Gym Closed Thanksgiving
7 Gym Closed Thanksgiving	8 Gym Closed Thanksgiving	9	10	11	12 105/10C5 Practice North	13 Open Gym 3:30-5:30 South
14	15	16	17	18	19 PD DAY CAMP J3/S3 Practice South J4/S3/S4 Practice North	20 Open Gym 3:30-5:30 North
21	22	23	24	25	26	27 Open Gym 3:30-5:30 South
28	29	30	31 Halloween No practices or classes except S4 Imperial			

**November  
2018**



**Crunch Time Critique – All “All-Star” Teams**

**Limelight – ALL ACE Teams – Prep & All-Star**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <b>Crunch Time Critique</b>
4 <b>Crunch Time Critique</b>	5	6	7	8	9 <i>105/10C5 Practice North</i>	10 <b>Open Gym 3:30-5:30 North</b>
11	12 <b>Day Camp</b>	13 <b>Day Camp</b>	14 <b>Day Camp</b>	15	16 <i>J3/S3 Practice South J4/S3/S4 Practice North</i>	17 <b>Open Gym 3:30-5:30 South</b>
18	19	20	21	22	23	24 <b>Open Gym 3:30-5:30 North</b>
25 <b>**LIMELIGHT**</b>	26 <b>PD DAY CAMP</b>	27	28	29	30 <i>105/10C5 Practice South J4/S3/S4 Practice North</i>	

**December  
2018**



Cheer for the Cure, Oshawa – IOC5  
 Battle at the Border, Lloydminster – All “All-Star” Teams  
 American Grand, Las Vegas – J4&S4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1 Open Gym</b> 3:30-5:30 South
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Cheer for the Cure</b> Battle at the Border No Open Gym
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <i>J3/S3 Practice South</i>	<b>15 No Open Gym</b> <b>American Grand</b> <b>Las Vegas J4/S4</b>
<b>16</b> <b>American Grand</b> <b>Las Vegas J4/S4</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> <b>Winter Break</b> <b>Begins</b>
<b>23</b> <b>Winter Break</b>	<b>24</b> <b>Winter Break</b>	<b>25</b> <b>Winter Break</b>	<b>26</b> <b>Winter Break</b>	<b>27</b> <b>Winter Break</b>	<b>28</b> <b>Winter Break</b>	<b>29</b> <b>Winter Break</b>
<b>30</b> <b>Winter Break</b>	<b>31</b> <b>Winter Break</b>					

**January  
2019**



Winter Tumbling and Recreational Classes run Jan 7- Apr 18

Cold Snap Championships – All Prep and All-Star Teams

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Winter Break	2 Winter Break Open Gym South 6:30-8:30	3 Winter Break Open Gym North 6:30-8:30	4 Winter Break	5 Practices Resume Open Gym 3:30-5:30 North
6	7	8	9	10	11 <i>J3/S3 Practice South J4/S3/S4 Practice North</i>	12 Open Gym 3:30-5:30 South <i>IO5/IOC5 Practice North</i>
13	14	15	16	17	18 Cold Snap Championships	19 No Open Gym Cold Snap Championships
20 Cold Snap Championships	21	22	23	24	25 <i>IO5/IOC5 Practice North</i>	26 Open Gym 3:30-5:30 North
27	28	29	30	31		

# February 2019



ATC Calgary – Select Teams, see handbook

JAMZ Las Vegas – Select Teams, see handbook

Red Deer Cheer Challenge – All Prep, Select All-Star Teams, see handbook

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> PD Day Camp	<b>2</b> <b>ATC Calgary</b> No Open Gym
<b>3</b> <b>ATC Calgary</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <i>J3/S3 Practice South</i> <i>J4/S3/S4 Practice North</i>	<b>9</b> <b>Open Gym</b> <b>3:30-5:30 North</b> <i>IO5/IOC5 Practice North</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <i>J4 Practice North</i>	<b>16</b> No Open Gym
<b>17</b> JAMZ Las Vegas	<b>18</b> JAMZ Las Vegas	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Red Deer</b> <b>Cheer Challenge</b> No Open Gym
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		



**March  
2019**



True North – All Prep Teams, Select All-Star teams, see handbook  
 NCA, Dallas – IO5 Synergy  
 Warman, Sask – Select teams, see handbook  
 UCA, Florida – Int J3, S3, J4?, S4?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 True North</b> <b>NCA, Dallas</b> <i>S3S Practice South</i> <i>S3N/S4 Practice North</i>	<b>2 No Open Gym</b> <b>True North</b> <b>NCA, Dallas</b>
<b>3</b> <b>True North</b> <b>NCA, Dallas</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <i>J3 Practice South</i>	<b>9 No Open Gym</b> <b>Warman, Sask</b> <b>UCA, Florida</b>
<b>10</b> <b>Warman, Sask</b> <b>UCA, Florida</b>	<b>11</b> <b>PD DAY CAMP</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <i>IO5/IOC5</i> <i>Practice North</i>	<b>16 Open Gym</b> <b>3:30-5:30 North</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23 No Open Gym</b> <b>Spring Break</b>
<b>24</b> <b>Spring Break</b>	<b>25</b> <b>Spring Break</b>	<b>26</b> <b>Spring Break</b> <i>World's Teams will still practice during Spring Break</i>	<b>27</b> <b>Spring Break</b>	<b>28</b> <b>Spring Break</b>	<b>29</b> <b>Spring Break</b>	<b>30</b> <b>Practices Resume</b>
<b>31</b>						

**April  
2019**



**All-Star Cheer Extravaganza – All Prep and All-Star Teams**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 <i>J3/S3 Practice South J4/S3/S4 Practice North</i>	6 <b>Open Gym</b> <b>3:30-5:30 South</b> <i>IO5/IOC5 Practice North</i>
7	8	9	10	11	12 <b>All-Star Cheer Extravaganza</b>	13 <b>All-Star Cheer Extravaganza</b> <b>No Open Gym</b>
14 <b>No Practices</b>	15 <b>Last week of practices</b>  <i>Bring a friend week -- Bring a friend week -- Bring a friend week</i>	16	17	18	19 <b>Good Friday</b>	20 <b>No Open Gym</b>
21 <b>Easter Sunday</b> <b>Worlds teams Practice</b>	22 <b>Worlds teams Practice</b>	23 <b>Leave to Worlds</b>	24	25	26	27 <b>Canadian Trials - Worlds</b>
28 <b>Prelims - Worlds</b>	29 <b>Finals - Worlds</b>	30				

**May  
2019**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 SUMMIT	4 SUMMIT
5 SUMMIT	6 Spring Classes & Test It Out Begins	7	8	9	10	11 Year End Celebration Party
12 Mother's Day	13	14	15	16	17	18
19	20 Victoria Day	21	22	23	24	25
26	27	28	29	30	31	

**June  
2019**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tryouts Day 1 South
2 Tryouts Day 1 North	3 Tryouts Day 2	4 Tryouts Day 2	5 Tryouts Day 2	6 Tryouts Day 2	7	8 <b>Team Reveal Parties</b>
9	10 Practices Begin	11	12	13	14	15
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30						