

Effective Monday, August 14, 2017

Team Fall Schedule 2017-2018

GIRLS:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPs		4 - 6 pm			4 - 6 pm	
Optionals: Level 6-10 Platinum & Diamond	(3:15-4 open workout) 4 - 7 pm (4x)	4 - 8 pm (2x)		(3:15-4 open workout) 4 - 8 pm (3x)	4:00 - 6:45pm (5x)	8:30 - 1pm (2x)
The 2, 3, 4, and 5x/week options for Level 6-10, Platinum & Diamond	2x/wk = Tuesday & Saturday OR Thursday & Saturday - (Gold, Platinum, & Diamonds minimum number of practices) 3x/wk = Tuesday, Thursday, & Saturday 4x/wk = Monday, Tuesday, Thursday, & Saturday - (Level 6-8 minimum number of practices) 5x/wk = Monday, Tuesday, Thursday, Friday, & Saturday - (Level 9-10 minimum number of practices)					
Xcel Gold			4 - 8 pm		4:00 - 6:45pm	11 - 3pm
CSG	4-7:45pm		4 - 7:45pm			11 - 3pm
Xcel Silver	6:15 - 8:45pm			6:15 - 8:45pm		
Bronze				4:00 - 6:30pm		12:30 - 3pm
BOYS:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Optionals: Level 7-10 & JD	3:30 - 7:15pm		3:30 - 7:30pm	4:40 - 8:40pm	3:30 - 6:30pm	9 - 1 pm
Level 6 & JD	4 - 7 pm		4 - 7 pm	5:00 - 7:30pm		9 - 12 pm
Level 5		4 - 7 pm			4 - 7 pm	12 - 2:45 pm
Level 4		4 - 6 pm			4 - 6 pm	

God created your child with a mission— Emeth exists to build the character they need to succeed.
 We teach truth, train commitment, practice selflessness, exercise focus, develop determination, and breed courage.
 We build true character through gymnastics.