

# Effective Monday, August 14, 2017

## Team Fall Schedule 2017-2018

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