

# GIRLS

## 2010 Fall / 2011 Spring Schedule

(August 2010 - May 2011)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jr. Level 1 (ages 5 – 6) <b>1x or 2x per week</b> 1 hr. & 30 min. each lesson	3:30 – 5:00pm 5:15 – 6:45pm	4:15 – 5:45pm 6:00 – 7:30pm	3:30 – 5:00pm 5:15 – 6:45pm	4:15 – 5:45pm 6:00 – 7:30pm	3:30 – 5:00pm 5:15 – 6:45pm	
Level 1 (ages 7 & up) <b>1x or 2x per week</b> 1 hr. & 30 min. each lesson	3:30 – 5:00pm 5:15 – 6:45pm	4:15 – 5:45pm 6:00 – 7:30pm	3:30 – 5:00pm 5:15 – 6:45pm	4:15 – 5:45pm 6:00 – 7:30pm	<b>COMBO</b> 3:30 – 5:00pm 5:15 – 6:45pm	
Jr. Level 2 (ages 4 – 6) Jr. Level 3 <b>2x per week ONLY</b> 3 hours per week	5:30 – 7:00pm	4:15 – 5:45pm	5:30 – 7:00pm	4:15 – 5:45pm		
Level 2 (ages 7 & up) Level 3 <b>2x per week ONLY</b> 4 hours per week	3:30 – 5:30pm	5:30 – 7:30pm	3:30 – 5:30pm	5:30 – 7:30pm		
Level 4 <b>3x per week ONLY</b> 9 hours per week		4:00 – 7:00pm		4:00 – 7:00pm	4:00 – 7:00pm	
Level 5 <b>3x per week ONLY</b> 11 hours per week		4:00 – 8:00pm		4:00 – 8:00pm	4:00 – 7:00pm	
Level 6 <b>5x per week ONLY</b> 18 hours per week	4:30 – 8:00pm	4:30 – 8:00pm	4:30 – 8:00pm	4:30 – 8:00pm		8am – 12n
TOPS Training (by invite) <b>1x per week ONLY</b> 3 hours per week					4:00 – 7:00pm	
Optional <b>5x per week ONLY</b> 18 Hours per week	4:30 – 8pm	4:30 – 8:00pm	4:30 – 8:00pm	4:30 – 8:00pm	<b>4:00 – 7pm</b> <i>Independent Strength</i>	8am – 12n