

**2008 Girls Competitive Team  
Summer Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday
Level 4	9.0		1pm – 4pm	1pm – 4pm	1pm – 4pm
Level 4-5	12.0	1pm – 4pm	1pm – 4pm	1pm – 4pm	1pm – 4pm
Level 5-6	12.0	1pm – 4pm	1pm – 4pm	1pm – 4pm	1pm – 4pm
Open Comp			1pm – 4pm	1pm – 4pm	1pm – 4pm
Level 6-7	16.0	830am-1230pm	830am-1230pm	830am-1230pm	830am-1230pm
Level 8, 9, 10	16.0	830am-1230pm	830am-1230pm	830am-1230pm	830am-1230pm
Hot Shots	6.0	4pm – 6pm	4pm-6pm	4pm – 6pm	
Dyno Mini	3.0	4pm-530pm		4pm-530pm	
Dynos	4.0		4pm-6pm		4pm-6pm

**2008 Rhythmic  
Summer Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Level 4	5.0	830am-11am		830am-11am		
Level 5	10.5	830am-11am	830am-11am		830am-11am	
Level 6	14.0	830am-12pm	830am-12pm	830am-12pm	830am-12pm	
Level 7	14.0	830am-12pm	830am-12pm	830am-12pm	830am-12pm	

**2008 Boys Competitive Team  
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Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Level 4	9.0	1pm-4pm		1pm-4pm	1pm-4pm	
Level 5+	9.0	1pm-4pm		1pm-4pm	1pm-4pm	
Top Gun	2.5	430pm-545pm		430pm-545pm		

**2008 Acro Team  
Summer Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
JR Acro	2.0	6pm – 8pm		6pm – 8pm		
Sr Acro	4.0		6pm – 8pm		6pm – 8pm	
All Stars	6.0	6pm – 8pm	6pm – 8pm		6pm – 8pm	