



Tentative Fall 2016 Workout Schedule

Slight Revision

For Fall Schedule, Compulsory Team Girls should look at levels posted August 1st.



Girls Team



LEVEL	MON	TUE	WED	THU	FRI	SAT
RISING STARS <i>Chose 2 Days from the 3 offered</i>	3:00pm- 5:00pm	X	3:00pm- 5:00pm	X	3:00pm- 5:00pm	X
LEVEL 1 <i>(6 Hours)</i>	X	4:00pm- 7:00pm	X	4:00pm- 7:00pm	X	X
LEVEL 2 & 3 EARLY <i>(9 Hours)</i>	2:30pm- 5:30pm	X	2:30pm- 5:30pm	X	2:30pm- 5:30pm	X
LEVEL 2 & 3 LATE <i>(9 Hours)</i>	4:30pm- 7:30pm	X	4:30pm- 7:30pm	X	4:30pm- 7:30pm	X
LEVEL 4 EARLY <i>(14 Hours)</i>	3:00pm- 6:30pm	X	3:00pm- 6:30pm	X	3:00pm- 6:30pm	8:00am- 11:30am
LEVEL 4 LATE <i>(14 Hours)</i>	5:00pm- 8:30pm	5:00pm- 8:30pm	X	X	5:00pm- 8:30pm	8:00am- 11:30am

Forms were sent out the first week of June asking for your Fall 2016 Religious School Commitment Requests. If you have already requested a specific day off, it has been taken in to consideration. We are unable to take anymore requests at this time.

*If we realize we've made a schedule mistake, we reserve the right to make changes to the schedule.

We expect to have level assignments posted by Monday, August 1st.

For Fall Schedule, Optional Team Girls should look at the last level they competed.

NEW LEVEL 6 EARLY (14 Hours) (Summer T5/6A & T5/6B)	3:00pm-6:30pm (6 spots) First come, first serve	3:00pm-6:30pm	3:00pm-6:30pm	X	3:00pm-6:30pm (6 spots) First come, first serve	8:00am-11:30am
LEVEL 6 EARLY (18 Hours)	3:00pm-6:30pm	3:00pm-6:30pm	3:00pm-6:30pm	X	3:00pm-6:30pm	9:00am-1:00pm
NEW LEVEL 6 LATE (14 Hours) (Summer T5/6A & T5/6B)	5:00pm-8:30pm	5:00pm-8:30pm	5:00pm-8:30pm	X	5:00pm-8:30pm	X
LEVEL 6 LATE (18 Hours)	5:00pm-8:30pm	5:00pm-8:30pm	5:00pm-8:30pm	X	5:00pm-8:30pm	9:00am-1:00pm
LEVEL 7 EARLY (18.5 Hours)	X	3:00pm-6:30pm	3:00pm-6:30pm	4:30pm-8:30pm	3:00pm-6:30pm	12:30pm-4:30pm
LEVEL 7 LATE (18.5 Hours)	X	5:00pm-8:30pm	5:00pm-8:30pm	4:30pm-8:30pm	5:00pm-8:30pm	12:30pm-4:30pm
LEVEL 8 EARLY (18.5 Hours)	3:00pm-6:30pm	3:00pm-6:30pm	X	4:30pm-8:30pm	3:00pm-6:30pm	12:30pm-4:30pm
LEVEL 8 LATE (18.5 Hours)	5:00pm-8:30pm	5:00pm-8:30pm	5:00pm-8:30pm	4:30pm-8:30pm	X	12:30pm-4:30pm
LEVEL 9/10 EARLY (18.5 Hours)	3:00pm-6:30pm	3:00pm-6:30pm	X	4:30pm-8:30pm	3:00pm-6:30pm	12:30pm-4:30pm
XCEL Chose either 2, 3, 4 or 5 days of workout - First come, First serve. (Chose 6, 9, 12 or 15 Hours)	5:30pm-8:30pm (16 Spots) *Just Added	5:30pm-8:30pm (16 Spots)	5:30pm-8:30pm (16 Spots)	5:30pm-8:30pm (24 Spots)	5:30pm-8:30pm (16 Spots)	1:00pm-4:00pm (16 Spots)

Boys Team

BOYS LEVEL 4 (9 Hours)	5:30pm-8:30pm	X	5:30pm-8:30pm	X	5:30pm-8:30pm	X
BOYS LEVEL 5 (12 Hours)	5:30pm-8:30pm	X	5:30pm-8:30pm	X	5:30pm-8:30pm	12:30pm-4:30pm
BOYS LEVEL 6 (16 Hours)	5:30pm-8:30pm	5:30pm-8:30pm	5:30pm-8:30pm	X	5:30pm-8:30pm	12:30pm-4:30pm
BOYS LEVEL 7-10 (17 Hours)	5:30pm-8:30pm	5:30pm-8:30pm	X	4:30pm-8:30pm	5:30pm-8:30pm	12:30pm-4:30pm

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