

MAY

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 LEVEL PLACEMENT EMAIL REVEAL	3	4	5	6
7 LEVEL ASSESSMENT BEGINS	8 Novice 4:30 - 6:30 Flyer Stretch 5:30 - 6:00 Level 1 6:00 - 8:00	9 Prep Level 1 4:30 - 6:30 Level 2 4:30 - 6:30 Level 3 6:30 - 8:30	10 Extra Tumbling/Strength/Stretch 5:30 - 8:30 Open 15+ 7:30 - 9:30	11 Level 2 4:30 - 6:30 Flyer Stretch 6:30 - 7:00 Level 3 7:00 - 9:00	12 Level 1 4:30 - 6:30 Extra Tumbling/Strength/Stretch 6:30 - 9:30	13 Extra Tumbling/Strength/Stretch 10:00 - 1:00
14 Open 15+ 10:00 - 12:00	15 Novice 4:30 - 6:30 Flyer Stretch 5:30 - 6:00 Level 1 6:00 - 8:00	16 Prep Level 1 4:30 - 6:30 Level 2 4:30 - 6:30 Level 3 6:30 - 8:30	17 Extra Tumbling/Strength/Stretch 5:30 - 8:30 Open 15+ 7:30 - 9:30	18 Level 2 4:30 - 6:30 Flyer Stretch 6:30 - 7:00 Level 3 7:00 - 9:00	19 Level 1 4:30 - 6:30 Extra Tumbling/Strength/Stretch 6:30 - 9:30	20 Extra Tumbling/Strength/Stretch 10:00 - 1:00
21 Open 15+ 10:00 - 12:00	22 Novice 4:30 - 6:30 Flyer Stretch 5:30 - 6:00 Level 1 6:00 - 8:00	23 Prep Level 1 4:30 - 6:30 Level 2 4:30 - 6:30 Level 3 6:30 - 8:30	24 Extra Tumbling/Strength/Stretch 5:30 - 8:30 Open 15+ 7:30 - 9:30	25 Level 2 4:30 - 6:30 Flyer Stretch 6:30 - 7:00 Level 3 7:00 - 9:00	26 Level 1 4:30 - 6:30 Extra Tumbling/Strength/Stretch 6:30 - 9:30	27 Extra Tumbling/Strength/Stretch 10:00 - 1:00
28 Open 15+ 10:00 - 12:00	29 Novice 4:30 - 6:30 Flyer Stretch 5:30 - 6:00 Level 1 6:00 - 8:00	30 Prep Level 1 4:30 - 6:30 Level 2 4:30 - 6:30 Level 3 6:30 - 8:30	31 LEVEL ASSESSMENT ENDS			

Level Assessment Month

2023

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 No Practice	2 No Practice	3 No Practice
4 CLINICS & LEVEL TRAINING	5 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	6 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	7 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	8 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	9 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	10 Novice 10:00 - 12:00 Level 1 Tumble Clinic 12:00 - 1:30
11 Prep Level 1 10:00 - 12:00	12 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	13 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	14 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	15 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	16 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	17 Novice 10:00 - 12:00 Level 1 Tumble Clinic 12:00 - 1:30
18 Prep Level 1 10:00 - 12:00	19 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	20 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	21 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	22 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	23 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	24 Novice 10:00 - 12:00 Level 1 Tumble Clinic 12:00 - 1:30
25 Prep Level 1 10:00 - 12:00	26 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	27 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	28 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	29 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	30 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	



2023

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Novice 10:00 - 12:00 Level 1 Tumble Clinic 12:00 - 1:30
2 Prep Level 1 10:00 - 12:00	3 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	4 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	5 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	6 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	7 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	8 Novice 10:00 - 12:00 Level 1 Tumble Clinic 12:00 - 1:30
9 Prep Level 1 10:00 - 12:00	10 Level 1 4:30 - 6:30 Level 2 - 3 Tumble Clinic 6:30 - 8:00	11 Novice & Prep Tumble Clinic 4:30 - 6:00 Level 2-3 Stunt Clinic 6:00 - 7:30	12 Level 1 Tumble Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30 Open 15+ 7:30 - 9:30	13 Level 2 4:30 - 6:30 Level 3 6:00 - 8:00	14 Level 1 Stunt Clinic 4:30 - 6:00 Flyer Stretch Clinic 6:00 - 6:30 Strength Training Clinic 6:30 - 7:30	15 SEASON 4 TEAM REVEAL PARTY
16 COMPETITIVE BREAK	17 COMPETITIVE BREAK	18 COMPETITIVE BREAK	19 COMPETITIVE BREAK	20 COMPETITIVE BREAK	21 COMPETITIVE BREAK	22 COMPETITIVE BREAK
23 COMPETITIVE BREAK	24 COMPETITIVE BREAK	25 COMPETITIVE BREAK	26 COMPETITIVE BREAK	27 COMPETITIVE BREAK	28 COMPETITIVE BREAK	29 COMPETITIVE BREAK
30 COMPETITIVE BREAK	31 COMPETITIVE BREAK					



May Training Pricing

level assessment training

2 hours / week	\$120 / month
4 hours / week	\$170 / month

with extra tumbling / strength / flexibility

5 hours / week	\$190 / month
7 hours / week	\$240 / month

*After tryouts athletes will be assigned to their designated level training assessment day(s) and time(s) via GO MOTION for the month of May.

If you would like to add on the extra tumbling / strength and flexibility class please register for ONE of the three days provided through your GO MOTION account

June & July Pricing

level training (total for both months)

2 hours / week	\$140
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added clinics

30 minute clinic	\$10 / clinic
1 hour clinic	\$15 / clinic
1.5 hour clinic	\$18 / clinic

*clinics are optional training opportunities for athletes to add onto their level training during the months of June and July. These clinics are not mandatory but encouraged to take to help maintain skills throughout the summer!

All competitive athletes will be required to register for their once a week level training during the months of June and July.