

# XMAS BREAK INFO



Don't lost those skills you've worked so hard for by taking 2 weeks off!! Come to Open Gym Time and work out!!

## ELITE TEAM ATHLETES

Last Practice B4 Holidays – Weekday practice during last week of school

First Practice Back – Sat, Jan 3<sup>rd</sup> or Sun, Jan 4<sup>th</sup>

*Only 4 practices before Eclipse Competition & All-Things-Cheer Nationals*

## COMPETITIVE TEAM ATHLETES

Last Practice B4 Holidays – Weekday practice during last week of school

First Practice Back – Week day practice during first week back to school (Mon Jan 5<sup>th</sup>)

*Only 3 practices before Eclipse Cheer Competition on Sat, Jan 17<sup>th</sup> in Abbotsford*

## ALL IN ONE & SPECIALTY CLASSES

Last Practice B4 Holidays – Weekday practice during last week of school (except Fri)

Winter Session begins on Jan 12<sup>th</sup> (*start day varies*)

## XMAS BREAK TRAINING OPPORTUNITIES

- ✓ Private Tumbling – Ask your private Coach to keep up with your privates over those two weeks. Don't lose all those gains!!
- ✓ Tumbling & Fitness All in One - Clinics –

Dates:	Sat, Dec 27 <sup>th</sup>	1:00-2:15pm
	Sun, Dec 28 <sup>th</sup>	1:00-2:15pm
	Mon, Dec 29 <sup>th</sup>	7:00-8:15pm
	Tues, Dec 30 <sup>th</sup>	7:00-8:15pm

**\$10 per session or \$25 for any 3 or 4 sessions. Must be Pre-Paid.**

**You will be put into a group of your appropriate ability level upon arrival.**

*\*Anyone that had a Tumbling class or Core/Flex Class cancelled due to Thanksgiving Sat, Sun or Mon or Remembrance Day Tues, can take a class for free. Just sign up.*

## Sign up at the Office Counter!!

**OPEN GYM TIME      8:15-10:00pm on Mon Dec 29<sup>th</sup> & Tues, Dec 30<sup>th</sup>**  
**\$5 or FREE for tumbling/Fitness Clinic Athletes**