

SUMMER TRAINING for ALL ELITE VANCOUVER ALL STAR TEAMS

TEAM NAME	DAY of WEEK	SUMMER PRACTICE TIME
Yth Heatwave L2 (Mini Hail)	TUESDAYS	6:00 - 8:00PM
Yth. Sunshine L3	TUESDAYS	6:00 - 8:00PM
Sr. Wild Fire L3	TUESDAYS	8:00 - 10:00PM
Junior L2 Super Twisters	WEDNESDAYS	5:30 – 7:30PM
Sr. L5 Fierce Winds	WEDNESDAYS	7:30 – 9:30PM
Sr. L5 Ice Queens	WEDNESDAYS	7:30 – 9:30PM
Junior Intermediate Cyclones	THURSDAYS	5:30-7:30PM
Junior Inferno L4	THURSDAYS	7:00 – 9:00PM
Sr. Avalanche L2	THURSDAYS	7:30 – 9:30PM
**Elite Training Camp Weekend: Thurs Aug 18th – Sun, Aug 21st		
** Training Camp for Level 1 Teams (inc. Cyclones) : Sat & Sun Aug 27th & 28th		

** Mini Break ** First Week of August> Practices are cancelled!

SUMMER MAINTENANCE & FITNESS CLASS SCHEDULE

PUNCH CARDS & DROP IN ONLY

From Tues, July 5th to Thurs, Aug 25th (Closed Thurs, Aug 18th)

Tumbling Times & Instructors			Diva Divo Workouts & Core & Strength		
Tues	4:00-5:00 pm	COACHES: Kim / Kehli / Cassidy	Tues in July	8:00-9:00pm	Rob Divo
	5:00-6:00 pm	COACH Cloé & Kim & Brooke	Weds in July	6:30-7:30pm	Rob Divo
	7:00-8:00 pm	COACH Denika & Caroline	Thurs in Aug	5:15-6:00pm	Katie
Wed	4:30-5:30 pm	COACH Kim & Priyanka & Caroline	<u>PUNCH CARDS</u> \$75 FOR 8 CLASSES (\$60 for VAS Athletes) \$60 FOR 6 CLASSES (\$40 for VAS Athletes) + HST extra		
	6:30-7:30 pm	COACH Ashley I & Racheal & Rob			
Thurs	4:30-5:30pm	COACH Kylie & Kehli			
	6:00-7:00pm	COACH Cloé & Racheal & Rob <i>(July only)</i>			