


**SUMMER TRAINING for ALL ELITE VANCOUVER ALL STAR TEAMS**

Mini Break #1 - June 25 <sup>th</sup> – July 5 <sup>th</sup>		
TEAM NAME	DAY of WEEK	SUMMER PRACTICE TIME
Mini Hail L2	TUESDAYS	5:00 - 7:00PM
Youth Elite Heatwave L2	TUESDAYS	5:00 - 7:00PM
Junior Inferno L3-L4	TUESDAYS	7:00 - 9:00PM
Senior L5 Fierce Winds	WEDNESDAYS	5:45 – 8:00PM
Junior Elite L2 Super Twisters	WEDNESDAYS	6:30 – 8:30PM
Sr. L4 Coed Lightning	WEDNESDAYS	8:00 -10:00PM
Junior Intermediate Cyclones	THURSDAYS	4:30-6:30PM
Sr. Avalanche L2	THURSDAYS	6:00 – 8:00PM
Sr. Hurricane L3	THURSDAYS	7:00 – 9:00PM
<b>**Elite Training Camp Weekend: Thurs Aug 19<sup>th</sup> – Sun, Aug 22<sup>nd</sup></b>		
<b>** Training Camp for Level 1 Teams: Sat &amp; Sun Aug 28<sup>th</sup> &amp; 29<sup>th</sup></b>		
Mini Break #2 - Aug 25 <sup>th</sup> – Sept 5 <sup>th</sup>		

**SUMMER TUMBLING & FITNESS CLASS SCHEDULE**

PUNCH CARDS & DROP IN ONLY

Tumbling Times & Instructors			Fitness - Strength & Flex Class		
<b>Tues</b>	4:00-5:00 pm	COACH Kim & Kylie & Kehli	<b>Tues</b>	6:15-7:00pm	COACH Katie
	6:00-7:00 pm	COACH Cloé & Ashley I	<b>Tues</b>	7:00-7:45pm	COACH Racheal
	7:00-8:00 pm	COACH Denika & Kehli & Kim	<b>Wed</b>	5:00-6:00pm	Coach Jeanette
<b>Wed</b>	5:00-6:00 pm	COACH Denika & _____			
	8:00-9:00 pm	COACH Liz & Jeremy (L3-5)			
<b>Thurs</b>	5:00-6:00 pm	COACH Ashley I & _____			
	6:00-7:00 pm	COACH Cloé & Sara			