

# 2008-2009 Team Hours

## Level 4

Tuesday 4-6  
Wednesday 4-6  
Friday 4-6

## Level 5

Tuesday 5:30-8:30  
Thursday 5:30-8:30  
Friday 5:30-8:30

## Level 6/ Optionals

Monday 4-7 (Level 6-10)  
Tuesday 4-6 (Level 9/10 only)  
Wednesday 5:30-8:30 (Level 6-10)  
Thursday 4-7 (Level 6-10)  
Saturday 8:30-12:30 (Level 7-10)

## Cheer

### Mini's

Monday 5:30-7:00  
Wednesday 5:30-7:00

## Junior's

Monday 6:30-8:30  
Wednesday 6:30-8:30  
Friday 6:00-8:00

## Tumbling Team

Monday 4-6 Int - Adv  
6-8 Beg - Nov  
Wednesday 4-6 Int - Adv  
6-8 Beg - Nov  
Thursday 4-6 Everyone

## Trampoline Team

Monday 4-6 Beg - Nov  
6-8:30 Int - Adv  
Tuesday 4-6:30 SA - Adv  
Wednesday 4-6 Beg - Nov  
6-8:30 Int - Adv  
Thursday 6-8:30 Everyone

**\*\*All USAG T&T athletes**

Sunday 3-6