

## Prince George Gymnastics Programs for February to June 2012

| MONDAY        |               |       |
|---------------|---------------|-------|
| Class         | Time          | Coach |
| PT2           | 9:00 - 9:45   | RH    |
| KG 4          | 9:45 - 10:45  | RH    |
| KG 3          | 10:45 - 11:30 | RH    |
| KG 4          | 10:45 - 11:45 | JW    |
| KG 3          | 11:30 - 12:15 | RH    |
| KG 4          | 11:45 - 12:45 | JW    |
| KG 4          | 12:30 - 1:30  | RH    |
| KG 3          | 1:30 - 2:15   | RH    |
|               |               |       |
| Level 1 - 5/6 | 3:00 - 4:00   | RH/js |
| Level 1 - 7/9 | 4:00 - 5:00   | RH/js |
| Level 2 - 6/8 | 4:00 - 5:30   | CD/md |
| Level 1 - 5/6 | 5:00 - 6:00   | RH/js |
| Level 2 - 9+  | 5:30 - 7:00   | CD/md |

| TUESDAY        |               |       |
|----------------|---------------|-------|
| Class          | Time          | Coach |
| KG 3           | 9:00 - 9:45   | JW    |
| KG 3 C2        | 9:00 - 9:45   | TJ    |
| KG 4           | 9:00 - 10:00  | CE    |
| KG 3           | 9:45 - 10:30  | JW    |
| KG 4           | 9:45 - 10:45  | TJ    |
| KG 4           | 10:00 - 11:00 | CE    |
| KG 3           | 10:30 - 11:15 | JW    |
| KG 4           | 11:00 - 12:00 | CE    |
| PT 2           | 11:15 - 12:00 | CK    |
| KG 3           | 11:15 - 12:00 | JW    |
| PT 2           | 12:00 - 12:45 | CK    |
| KG 4           | 12:45 - 1:45  | CK    |
| KG 4           | 1:00 - 2:00   | RH    |
| KG 4           | 2:00 - 3:00   | RH    |
|                |               |       |
| Level 3 Boys   | 3:00 - 4:30   | CK/bg |
| Level 3&4      | 3:30 - 5:30   | CG    |
| Level 1 - 5/6  | 4:30 - 5:30   | TJ/bg |
| Level 1 - 5/6  | 5:30 - 6:30   | TJ/bg |
| Level 1 - 7/9  | 6:30 - 7:30   | TJ/bg |
| Level 3&4      | 6:30 - 8:30   | RH    |
| L 1 Tr - 10/14 | 7:00 - 8:00   | TM    |
| L 2 Tr - 15+   | 8:00 - 9:30   | TM    |

| WEDNESDAY               |                    |           |
|-------------------------|--------------------|-----------|
| Class                   | Time               | Coach     |
| PT 1                    | 10:00 - 10:30      | CK        |
| PT 2                    | 10:30 - 11:15      | CK        |
| KG 3                    | 10:30 - 11:15      | RH        |
| KG 3                    | 11:15 - 12:00      | RH        |
| KG 3 C2                 | 11:15 - 12:00      | CK        |
| PT 2                    | 12:15 - 1:00       | CK        |
| KG 4                    | 12:15 - 1:15       | RH        |
| PT 2                    | 1:00 - 1:45        | CK        |
| KG 3                    | 1:15 - 2:00        | RH        |
| KG 4                    | 1:45 - 2:45        | CK        |
|                         |                    |           |
| Level 1 - 7/9           | 3:00 - 4:00        | RH        |
| Level 2 - 6/8           | 3:15 - 4:45        | CK/eh     |
| Level 1 - 5/6           | 3:15 - 4:15        | CE        |
| Level 1 - 5/6           | 4:00 - 5:00        | BP/mk     |
| Level 3                 | 4:00 - 6:00        | AM        |
| Level 1 - 7/9           | 4:15 - 5:15        | CE        |
| Level 1 - 5/6           | 4:45 - 5:45        | CK/eh     |
| Level 1 - 5/6           | 5:00 - 6:00        | BP        |
| <b>Level 1 - 5/6 C2</b> | <b>5:00 - 6:00</b> | <b>MK</b> |
| <b>Level 1 - 5/6</b>    | <b>6:00 - 7:00</b> | <b>MK</b> |
| Level 1 - 10+           | 6:00 - 7:00        | BP/eh     |
| Level 2 - 9+            | 6:00 - 7:30        | AM        |
| Level 3&4               | 6:30 - 8:30        | KW/SG     |
| L 2 Tr - 10/14          | 7:00 - 8:30        | TM        |
| L 1 Tr - 15+            | 8:30 - 9:30        | TM        |

| THURSDAY      |               |       |
|---------------|---------------|-------|
| Class         | Time          | Coach |
| KG 3          | 9:00 - 9:45   | JW    |
| KG 4          | 9:00 - 10:00  | TJ    |
| HOMESC 1&2    | 9:00 - 10:30  | CE    |
| KG 3          | 9:45 - 10:30  | JW    |
| KG 3          | 10:00 - 10:45 | TJ    |
| PT 1          | 10:15 - 10:45 | CK    |
| KG 4          | 10:30 - 11:30 | JW    |
| KG 4 C2       | 10:30 - 11:30 | CE    |
| PT2           | 11:00 - 11:45 | CK    |
| KG 3          | 11:30 - 12:15 | JW    |
| KG 4          | 11:30 - 12:30 | CE    |
| PT 1          | 11:45 - 12:15 | CK    |
| PT2           | 12:15 - 1:00  | CK    |
|               |               |       |
| Level 2 - 6/8 | 3:00 - 4:30   | CK    |
| Level 2 - 6/8 | 4:00 - 5:30   | CD/bf |
| Level 1 - 5/6 | 4:15 - 5:15   | SS    |
| Level 1 - 7/9 | 5:15 - 6:15   | SS    |
| Level 2 - 6/8 | 5:30 - 7:00   | CD    |
| Level 1 - 5/6 | 5:30 - 6:30   | MB/bf |
| Level 1 - 5/6 | 6:15 - 7:15   | SS    |
| Level 1 - 7/9 | 6:30 - 7:30   | MB    |

| FRIDAY                     |                    |       |
|----------------------------|--------------------|-------|
| Class                      | Time               | Coach |
| FIELD TRIPS AND PRO D DAYS |                    |       |
|                            |                    |       |
| KG 3                       | 1:15 - 2:00        | CK    |
| KG 4                       | 2:00 - 3:00        | CK    |
|                            |                    |       |
| Level 2 - 9+               | 3:00 - 4:30        | TJ    |
| Level 1 - 5/6              | 3:30 - 4:30        | CK/bs |
| Level 1 - 5/6              | 4:00 - 5:00        | CD    |
| Level 1 - 5/6              | 4:30 - 5:30        | CK/bs |
| Level 2 - 6/8              | 4:30 - 6:00        | TJ    |
| Level 1 - 5/6              | 5:00 - 6:00        | CD/bs |
| Level 2 Boys 9+            | 5:30 - 7:00        | CK    |
| Level 1 - 10+              | 6:15 - 7:15        | TJ    |
| Level 1 - 7/9              | <b>6:15 - 7:15</b> | CD    |

| SATURDAY       |                      |              |
|----------------|----------------------|--------------|
| Class          | Time                 | Coach        |
| PT 1           | 9:00 - 9:30          | CK/lv        |
| KG 3           | 9:00 - 9:45          | BP           |
| KG 4           | 9:00 - 10:00         | TJ/sm        |
| KG 4 C2        | 9:00 - 10:00         | AM           |
| Level 1 - 5/6  | <b>9:15 - 10:15</b>  | <b>CD/rs</b> |
| Level 1 - 7/9  | 9:00 - 10:00         | RH           |
| KG 4           | 9:30 - 10:30         | CK/lv        |
| PT2            | 9:45 - 10:30         | BP           |
| KG 3           | 10:00 - 10:45        | TJ           |
| Level 1 - 7/9  | 10:00 - 11:00        | RH/sm        |
| Level 2 - 6/8  | <b>10:15 - 11:45</b> | <b>CD/rs</b> |
| Level 3        | 10:00 - 12:00        | AM           |
| PT 2           | 10:30 - 11:15        | BP           |
| KG 3           | 10:30 - 11:15        | CK/lv        |
| KG 4           | 10:45 - 11:45        | TJ           |
| KG 3           | 11:00 - 11:45        | RH           |
| <b>KG 3 C2</b> | <b>11:00 - 11:45</b> | <b>SM</b>    |
| Level 1 - 5/6  | 11:30 - 12:30        | BP/lv        |
| Level 1 5/6    | 12:00 - 1:00         | CD/lg        |
| Level 2 Boys   | 12:00 - 1:30         | CK/rs        |
| Level 3&4      | 12:00 - 2:00         | RH           |
| KG 4           | 12:15 - 1:15         | <b>SM</b>    |
| Level 1 - 5/6  | 12:15 - 1:15         | TJ/lv        |
| KG 4           | 12:30 - 1:30         | AM/lk        |
| PT 2           | 12:45 - 1:30         | BP           |
| Level 2 - 9+   | 1:00 - 2:30          | CD/rs        |
| KG 3           | 1:15 - 2:00          | <b>SM</b>    |
| Level 1 - 5/6  | 1:15 - 2:15          | TJ/lg        |
| PT 1           | 1:30 - 2:00          | BP           |
| Level 2 - 6/8  | 1:30 - 3:00          | AM/lk        |
| Level 1 - 5/6  | 2:30 - 3:30          | TJ/lg        |
| Level 2 - 6/8  | 3:00 - 4:30          | AM/lk        |
| Level 1 - 5/6  | 3:30 - 4:30          | TJ           |

(MAY ADD K3 OR K4 2:00 START)

| SUNDAY               |                      |           |
|----------------------|----------------------|-----------|
| Class                | Time                 | Coach     |
| Level 1 - 5/6        | 10:00 - 11:00        | MB        |
| <b>Level 1 - 7/9</b> | <b>10:00 - 11:00</b> | <b>SG</b> |
| <b>Level 2 - 6/8</b> | <b>11:00 - 12:30</b> | <b>SG</b> |
| KG 4                 | 1:00 - 2:00          | BP        |
| KG 3                 | 2:00 - 2:45          | BP        |
| Level 1 - 7/9        | 3:00 - 4:00          | BP        |
| Level 1 - 5/6        | 4:00 - 5:00          | BP        |
| Level 3&4            | 4:00 - 6:00          | CG/SG     |

|                                |  |                       |
|--------------------------------|--|-----------------------|
| PT1 or PT2 = PARENT & TOT      | Level 3 = CANGYM Level 3 - age (girls)         | L 1 TR = TRAMPOLINE 1 |
| KG3 or KG4 = KINDERGYM 3 or 4  | Level 3 & 4 = CANGYM Level 3 & 4 - age (girls) | L 2 TR = TRAMPOLINE 2 |
| Level 1 = CANGYM Level 1 - age | Level 2 Boys = CANGYM Level 2 Boys             |                       |
| Level 2 = CANGYM Level 2 - age | Level 3 Boys = CANGYM Level 3 Boys             |                       |