

ACROBATIC GYMNASTICS Training Schedule MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 ONTARIO CHAMPIONSHIPS MISSISSAUGA	29 AcroP1 - DAY OFF Acro P2 - DAY OFF Acro P3 - DAY OFF Acro P4 - DAY OFF Age Group - DAY OFF Jnr/Snr - DAY OFF	30 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	1 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	2 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	3 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	4 Off
5 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	6 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	7 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	8 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	9 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	10 AcroP1 - 4:30-6:30 (E)@Nest (Make up for 19 th May) Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest (Test Day) Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	11 Off
12 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	13 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	14 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	15 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - 4:00-7:00 (E)@Nest (Make up for 19 th May) Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	16 ERIN AWAY AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	17 ERIN AWAY AcroP1 - No Training Acro P2 - 3:30-6:30 (A)@OGC Acro P3 - 3:30-6:30 (A)@OGC Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	18 ERIN AWAY Off
19 ERIN AWAY AcroP1 - No Training Acro P2 - No Training Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 9:00-1:00 (A)@OGC Age Group - DAY OFF Jnr/Snr - DAY OFF ACRO TRY-OUTS 3.00-5.00	20 VICTORIA DAY (ERIN AWAY) AcroP1 - DAY OFF Acro P2 - DAY OFF Acro P3 - DAY OFF Acro P4 - DAY OFF Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@Nest	21 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	22 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	23 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	24 ERIN AWAY AcroP1 - No Training Acro P2 - 3:30-6:30 (A)@OGC Acro P3 - 3:30-6:30 (A)@OGC Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	25 Off
26 AcroP1 - 11:00-1:00 (E)@OGC Acro P2 - 1:00-4:00 (E)@OGC Acro P3 - 9:00-1:00 (A)@OGC Acro P4 - 1:30-5:30 (A)@OGC Age Group - 5:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest	27 AcroP1 - 3:30-5:30 (E)@Nest Acro P2 - 5:30-8:30 (E)@Nest Acro P3 - 6:00-9:00 (A)@Nest Acro P4 - 3:30-6:30 (A)@Nest Age Group - 6:00-9:00 (S/G)@OGC Jnr/Snr - 3:00-7:00 (S/G)@OGC	28 AcroP1 - No Training Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 5:00-9:00 (S/G)@ Nest (please remember some now start at 3.30pm)	29 AcroP1 - 4:00-6:00 (E)@Nest Acro P2 - No Training Acro P3 - No Training Acro P4 - 4:00-7:00 (A)@Nest Age Group - 12:00-4:00 (S/G)@Nest Jnr/Snr - 12:00-4:00 (S/G)@ Nest	30 AcroP1 - No Training Acro P2 - No Training Acro P3 - 3:00-6:00 (A)@OGC Acro P4 - 6:00-9:00 (A)@OGC Age Group - 4:00-8:00 (S/G)@Nest Jnr/Snr - 4:00-8:00 (S/G)@ Nest	31 AcroP1 - No Training Acro P2 - 3:30-6:30 (E)@Nest Acro P3 - 3:30-6:30 (A)@Nest Acro P4 - No Training Age Group - 6:30-9:30 (S/G)@Nest Jnr/Snr - 6:30-9:30 (S/G)@ Nest	1 Off

E = Erin A = Alyssa G = Greg S = Scott