



# USAG Girls Pre-Competitive & Competitive Team Practice Schedule



**Summer 2019**  
**June 17 - August 23**



Level	Monday	Tuesday	Wednesday	Thursday	Friday	Hours
Shining Stars	9:00 am - 10:30 am		9:00 am - 10:30 am			3
Shooting Stars	9:00 am - 12:00 pm		9:00 am - 12:00 pm			6
Super Stars	9:00 am - 12:00 pm		9:00 am - 12:00 pm	9:00 am - 12:00 pm		9
NEW Level 3/4		8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm		13.5
Level 4		8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	17.5
Level 6	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	22
Xcel Silver		8:30 am - 1:00 pm		8:30 am - 1:00 pm		9
Xcel Gold	*8:30 am - 1:00 pm OPTIONAL	8:30 am - 1:00 pm		8:30 am - 1:00 pm		9 *13.5
Xcel Platinum	*8:30 am - 1:00 pm OPTIONAL	8:30 am - 1:00 pm		8:30 am - 1:00 pm		9 *13.5
Level 7	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	22
Level 8	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	22
Level 9	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	22
Level 10	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:30 am - 1:00 pm	8:00 am - 12:00 pm	22
Competitive Team Open Gym					12:00 pm - 1:00 pm	1

\*Xcel Gold and Platinum OPTIONAL Practice - This practice is being offered for those interested in additional summer hours; therefore, it is not mandatory. If your gymnast would like to take advantage of this additional day, a monthly commitment must be made (ex. Gymnast A, Gold level gymnast, commits to attend the extra training day for the month of July, but not June or August - Gymnast B, Gold level gymnast, commits to attend the extra training day for the months of June, July and August). All commitments must be made by June 1, 2019.