



2009-2010 Exxcel Gymnastics Team Schedule

	Mon	Tue	Wed	Thurs	Fri	Sat
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GIRLS GYMNASTICS TEAM

Girls Pre-Team A (3 hr/wk)		3:30-5:00		3:30-5:00		
Girls Pre-Team B (3 hr/wk)			3:30-5:00		3:30-5:00	
Girls Pre-Team C (2 hr/wk)						10:00-12:00
Exxcel Dynamos Advanced (5 hrs/wk)	4:00-6:00				4:00-7:00	
Girls Level 4 A (8 hrs/wk)	4:00-6:30		4:00-6:30		4:30-7:30	
Girls Level 4 B (8 hrs/wk)		4:45-7:15		4:45-7:15		11:15-2:15
P.R.E.P. Optional Team Novice (6 hrs/wk)		5:15-8:15		5:15-8:15		
P.R.E.P. Optional Team Intermediate (8 hrs/wk)		5:15-8:15		5:15-8:15		7:00-9:00
P.R.E.P. Optional Team Advanced (9 hrs/wk)	6:00-9:00		6:00-9:00		5:00-8:00	
Girls Level 5 (13 hrs/wk)	4:45-7:45		4:45-7:45	4:30-7:30		7:00-11:00
Girls Level 6 (17 hrs/wk)	4:30-7:30		5:00-8:30	5:00-8:30	4:00-7:00	7:00-11:00
Girls Team 7 (18 hrs/wk)	4:30-8:30	5:00-8:30	5:00-8:30		4:00-7:00	11:00-3:00
Girls Team 8-10 (25 hrs/wk)	5:00-9:00	5:00-9:00	5:00-9:00	5:00-9:00	4:00-9:00	11:00-3:00

BOYS GYMNASTICS TEAM

Boys Pre-Team (3 hrs/wk)			4:30-6:00			12:00-1:30
Boys Team 4-5 (4 hrs/wk)		5:00-7:00			3:30-5:30	
Boys Power Team (6 hrs/wk)	5:00-8:00				5:00-8:00	

*There is a \$40.00 annual enrollment fee/family \$50.00.

*Pricing and schedule may vary.

EXXCEL GYMNASTICS LLC, 88 WELLS AVE., NEWTON, MA 02459. TEL: (617)-244-3300