



2018-2019 Exxcel Gymnastics Team Schedule

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<u>GIRLS GYMNASTICS TEAM</u>							
Girls Pre-Team A (4 hr/wk)	3:45-5:45			3:45-5:45			
Girls Pre-Team B (4 hr/wk)			3:45-5:45			12:15-2:15	
Girls Pre-Team C (2 hr/wk)						12:15-2:15	
Girls Level 2 (7 hrs/wk)	4:00-6:30		4:30-7:00			12:30-2:30	
Girls Level 3 (9 hrs/wk)	3:45-6:45			3:45-6:45		11:30-2:30	
Girls Level 4 (15 hrs/wk)		4:00-8:00		4:00-8:00	3:45-7:45	11:15-2:15	
Girls TOPS Team (15.5 hrs/wk)	4:00-8:00		4:00-8:00	4:00-8:00			8:00-11:30
Girls Team 5 (16 hrs/wk)		4:30-8:30	4:45-8:45		3:45-7:45	7:00-11:00	
Girls Team 6-7 (19.5 hrs/wk)	4:15-8:15		4:00-8:00		5:00-9:00	11:00-3:00	8:00-11:30
Girls Team 9 (22 hrs/wk)	5:00-9:00	5:00-9:00	7:00-9:00	5:00-9:00	4:00-8:00	7:00-11:00	
Girls Team 9-10 (24 hrs/wk)	5:00-9:00	5:00-9:00	5:00-9:00	5:00-9:00	4:00-8:00	11:00-3:00	
Exxcel Dynamos (5 1/2 hrs/wk)			5:00-8:00		6:00-8:30		
Xcel Bronze (5 1/2 hrs/wk)			6:00-9:00			8:00-10:30	
Xcel Silver (6 hrs/wk)		5:15-8:15		5:15-8:15			
Xcel Gold (8 hrs/wk)		5:15-8:15		5:15-8:15		7:00-9:00	
Xcel Platinum (9 hrs/wk)	6:00-9:00		6:00-9:00		6:00-9:00		
Diamond (16 hrs/wk)	5:00-9:00	5:00-9:00		5:00-9:00		11:00-3:00	
<u>BOYS GYMNASTICS TEAM</u>							
Boys Pre-Team (2 hrs/wk)			3:30-5:30			10:15-12:15	
Boys Team 4 (5 hrs/wk)			5:30-7:30			7:00-10:00	
Boys Team Level 5 (10 hrs/wk)	5:30-9:00			5:30-9:00		7:00-10:00	
Boys Team 5 and up (17 1/2 hrs/wk)	5:30-9:00	5:30-9:00		5:30-9:00	5:00-9:00	7:00-10:00	

*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