

York Stars RGC Training Schedule: Competitive 2023-2024

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gifted			5:00pm - 8:00pm		5:45pm - 8:45pm		9:00am - 12:00pm
Year born : 2015, 2016, 2017							
Interclub (Level 2 or 3)		4:45pm - 7:45pm					
Year born : 2013, 2014, 2015	9:15am - 12:15pm	<i>Optional Skill Training:</i> 6:00pm - 9:00pm		5:45pm - 8:45pm		5:45pm - 8:45pm	12:15pm - 3:15pm
Interclub (Level 4, 5, or 6)		<i>Optional Skill Training:</i> 6:00pm - 9:00pm					
Year born : 2013 and older	12:30pm - 3:30pm		5:45pm - 8:45pm		5:00pm - 8:00pm		3:15pm - 6:15pm
Provincial	9:00am - 1:00pm	4:00pm - 8:00pm (or 7:00pm)	4:30pm - 8:30pm (or 7:30pm)	5:00pm - 9:00pm (or 8:00pm)	4:30pm - 8:30pm (or 7:30pm)	4:00pm - 8:00pm (or 7:00pm)	10:00am - 2:00pm
	1:15pm - 5:15pm	5:00pm - 9:00pm (or 8:00pm)	6:00pm - 9:00pm	MANDATORY Skill Training: 5:00pm - 9:00pm (2011 and older)	6:00pm - 9:00pm	5:00pm - 9:00pm (or 8:00pm)	2:00pm - 6:00pm
Year born : 2015 and older			MANDATORY Skill Training: 6:00pm - 9:00pm (2012 and younger)			6:00pm - 9:00pm	
National	9:00am - 1:00pm	4:00pm - 8:00pm (or 7:00pm)	4:30pm - 8:30pm (or 7:30pm)	MANDATORY Skill Training: 5:00pm - 9:00pm	4:30pm - 8:30pm (or 7:30pm)	4:00pm - 8:00pm (or 7:00pm)	10:00am - 3:00pm
		5:00pm - 9:00pm (or 8:00pm)	6:00pm - 9:00pm		6:00pm - 9:00pm	5:00pm - 9:00pm (or 8:00pm)	
Year born : 2014 and older						6:00pm - 9:00pm	
AGG and RG Groups' schedules will be determined once groups are formed.							
Ballet will be included in the above schedule for competitive athletes.							
As this is our own facility, there are options to increase your child's hours outside of those mentioned above, by request. Please email us for more info.							
Privates are recommended and available upon request.							