

York Stars RGC Training Schedule: Competitive 2025-2026

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gifted	11:30am - 2:30pm		5:00pm - 8:00pm		5:00pm - 8:00pm		2:00pm - 5:00pm
Year born: 2017, 2018, 2019.							
For GIFTED, one weekday + one weekend day required.							
Interclub (Level 2 or 3)	9:15am - 12:15pm	4:30pm - 7:30pm	4:30pm - 7:30pm	6:00pm - 9:0pm	4:30pm - 7:30pm	6:00pm - 9:00pm	12:15pm - 3:15pm
Year born: 2015, 2016, 2017							
Interclub (Level 4, 5, or 6)	12:30pm - 3:30pm	6:00pm - 9:00pm	6:00pm - 9:00pm	4:30pm - 7:30pm	6:00pm - 9:00pm	4:30pm - 7:30pm	3:15pm - 6:15pm
Year born : 2015 and older							
Provincial Year born : 2015 and older	1:00pm - 4:00pm	4:00pm - 8:00pm	5:00pm - 9:00pm	MANDATORY Skill Training: 5:00pm - 9:00pm (2014 and older)	5:00pm - 9:00pm	4:00pm - 7:00pm	10:00am - 2:00pm
		6:00pm - 9:00pm	MANDATORY Skill Training: 6:00pm - 9:00pm (2015)			6:00pm - 9:00pm	2:00pm - 5:00pm
Provincial Year born: 2016, 2017, 2018			MANDATORY Skill Training: 6:00pm - 9:00pm (2016, 2017, 2018)	4:30pm - 7:30pm	5:00pm - 9:00pm	4:30pm - 7:30pm	10:00am - 2:00pm
National		4:00pm - 8:00pm	4:00pm - 8:00pm	MANDATORY Skill Training: 5:00pm - 9:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm	10:00am - 3:00pm
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.							