

York Stars RGC Training Schedule: Competitive 2026-2027

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: 2018, 2019, 2020							
For GIFTED, one weekday + one weekend day required.							
Interclub (Level 2)	9:15am - 12:15pm	4:30pm - 7:30pm	4:30pm - 7:30pm	6:00pm - 9:00pm		6:00pm - 9:00pm	12:15pm - 3:15pm
Year born: 2017, 2018							
BALLET OPTIONS			6:00 - 7:30		4:45-6:15		
Interclub (Level 3)	12:30pm - 3:30pm		6:00pm - 9:00pm		4:30pm - 7:30pm	4:30pm - 7:30pm	1:15pm - 4:15pm
Year born: 2015, 2016							
BALLET OPTIONS			4:30 - 6:00	6:20-7:50			
Interclub (Level 4, 5, or 6)	10:00am - 1:00pm	6:00pm - 9:00pm		4:30pm - 7:30pm	6:00pm - 9:00pm		10:00am - 1:00pm
Year born : 2014 and older							
BALLET OPTIONS			7:30 - 9:00			4:45-6:15	
For INTERCLUB, one ballet slot must be chosen.							
Provincial Year born : 2016 and older	9:30am - 1:30pm	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	9:45am - 1:45pm
	1:15pm - 4:15pm	6:00pm - 9:00pm	MANDATORY Skill Training: 4:30pm - 8:30pm (2016 & 2015)			6:00pm - 9:00pm	2:00pm - 5:00pm
Provincial Year born: 2017, 2018, 2019		MANDATORY Skill Training: 4:30pm - 8:30pm		4:45pm - 7:45pm	5:15pm - 8:15pm	5:00pm - 8:00pm	10:00am - 1:00pm
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.							