

York Stars RGC Training Schedule: Competitive 2024-2025

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gifted			5:00pm - 8:00pm		6:00pm - 9:00pm		9:15am - 12:15pm
Year born: 2016, 2017, 2018							
Interclub (Level 2 or 3)		4:30pm - 7:30pm					
Year born: 2014, 2015, 2016	9:15am - 12:15pm	<i>Optional Skill Training:</i> 6:00pm - 9:00pm	4:30pm - 7:30pm	6:00pm - 9:00pm	4:30pm - 7:30pm	6:00pm - 9:00pm	12:15pm - 3:15pm
Interclub (Level 4, 5, or 6)		6:00pm - 9:00pm					
Year born : 2014 and older	12:30pm - 3:30pm	<i>Optional Skill Training:</i> 6:00pm - 9:00pm	6:00pm - 9:00pm	4:30pm - 7:30pm	6:00pm - 9:00pm	4:30pm - 7:30pm	3:15pm - 6:15pm
Provincial Year born : 2014 and older	9:00am - 1:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm	MANDATORY Skill Training: 5:00pm - 9:00pm (2013 and older)	4:00pm - 8:00pm	4:00pm - 7:00pm	10:00am - 2:00pm
	1:00pm - 4:00pm	6:00pm - 9:00pm	5:00pm - 9:00pm		5:00pm - 8:00pm	4:00pm - 8:00pm	2:00pm - 5:00pm
			MANDATORY Skill Training: 6:00pm - 9:00pm (2014)		5:00pm - 9:00pm	6:00pm - 9:00pm	
Provincial Year born: 2015, 2016, 2017		4:00pm - 7:00pm	MANDATORY Skill Training: 6:00pm - 9:00pm (2015, 2016, 2017)	5:00pm - 8:00pm		5:00pm - 9:00pm	10:00am - 2:00pm
National Year born : 2014 and older	9:00am - 1:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm	MANDATORY Skill Training: 5:00pm - 9:00pm	4:00pm - 8:00pm	4:00pm - 7:00pm	10:00am - 3:00pm
	1:00pm - 4:00pm	6:00pm - 9:00pm	5:00pm - 9:00pm		5:00pm - 9:00pm	4:00pm - 8:00pm	
						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.							