

## 2016-2017 FUSION TEAM SCHEDULE

|   | MON         | TUE         | WED         | THU         | FRI         | SAT   |
|---|-------------|-------------|-------------|-------------|-------------|---|
| TEAM SCHEDULE   |             |             |             |             |             |   |
| <b>AAU Level 1</b><br>3 Hours / Week<br>\$120 (\$110)                     | 3:30 - 5:00 |             | 3:30 - 5:00 |             |             | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>USA Bronze Beginner</b><br>3 Hours / Week<br>\$130 (\$120)             |             | 4:00 - 5:30 |             | 4:00 - 5:30 |             | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>USA Bronze Advanced</b><br>4 Hours / Week<br>\$165 (\$155)             |             | 4:00 - 6:00 |             | 4:00 - 6:00 |             | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>USA Silver</b><br>6 Hours / Week<br>\$225 (\$215)                      | 4:00 - 6:00 |             | 4:00 - 6:00 | 5:30 - 7:30 |             | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>USA Gold</b><br>9 Hours / Week<br>\$250 (\$240)                        | 5:00 - 8:00 |             | 5:00 - 8:00 |             | 4:00 - 7:00 | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>Level 6</b><br>11 Hours / Week<br>\$275 (\$265)                        | 5:00 - 8:00 | 5:30 - 8:00 |             | 5:30 - 8:00 | 4:00 - 7:00 | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>USA Optionals</b><br>Level 7, 8, 9<br>15 Hours / Week<br>\$320 (\$310) | 5:00 - 8:00 | 5:30 - 8:30 | 5:00 - 8:00 | 5:30 - 8:30 | 4:00 - 7:00 | <i>Open Gym</i><br>9:30 - 11:30<br>\$15/Session |
| <b>TEAM Tumbling - Intermediate</b><br>1 Hour<br>\$50 (\$40)              |             | 3:00 - 4:00 |             |             |             |   |
| <b>TEAM Tumbling - Advanced</b><br>1 Hour<br>\$50 (\$40)                  |             |             |             |             | 3:00 - 4:00 |   |
| <b>Accelerated Body Form / Conditioning</b><br>1 Hour<br>\$50 (\$40)      |             |             |             | 3:00 - 4:00 |             |   |

\*\*Open Gym will be held most Saturdays for Team Members. We request RSVP's if possible. If no gymnasts arrive by 9:45AM, the class will be canceled. A coach will be present to monitor, but this will not be an instructed class. It is a time for gymnasts to work on skills already attained in class.