

## Summer Schedule 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Developmental</b> <b>4 Hours</b> <b>Don/Luna</b>		<b>4:00-6:00</b> <b>(2)</b>		<b>4:00-6:00</b> <b>(2)</b>			
<b>Interclub</b> <b>6 Hours</b> <b>Marat/Nadia</b>		<b>4:30-6:30</b> <b>(2)</b>	<b>4:00-6:00</b> <b>(2)</b>		<b>4:00-6:00</b> <b>(2)</b>		
<b>Provincial 1</b> <b>8 Hours</b> <b>Marat/Nadia</b>		<b>12:00-2:00</b> <b>(2)</b>	<b>12:00-2:00</b> <b>(2)</b>	<b>12:00-2:00</b> <b>(2)</b>	<b>12:00-2:00</b> <b>(2)</b>		
<b>Provincial 2</b> <b>10 Hours</b> <b>Marat/Nadia</b>		<b>2:00-4:00</b> <b>(2)</b>	<b>2:00-5:00</b> <b>(3)</b>	<b>2:00-4:00</b> <b>(2)</b>	<b>2:00-5:00</b> <b>(3)</b>		
<b>Provincial 3</b> <b>12 Hours</b> <b>Marat/Nadia</b>		<b>6:00-9:00</b> <b>(3)</b>	<b>6:00-9:00</b> <b>(3)</b>	<b>4:30-7:30</b> <b>(3)</b>	<b>9:00am-12:00pm</b> <b>(3)</b>		
<b>Provincial 4</b> <b>12 Hours</b> <b>Marat/Nadia</b>		<b>6:00-9:00</b> <b>(3)</b>	<b>6:00-9:00</b> <b>(3)</b>	<b>4:30-7:30</b> <b>(3)</b>	<b>9:00am-12:00pm</b> <b>(3)</b>		
<b>National</b> <b>14 Hours</b> <b>Marat/Nadia</b>		<b>6:00-9:00</b> <b>(3)</b>	<b>6:00-9:00</b> <b>(3)</b>	<b>4:30-8:30</b> <b>(4)</b>	<b>9:00am-1:00pm</b> <b>(4)</b>		

### Summer Holidays

**July 31st-August 4th**

**August 28th-September 5th**

# Tumbling Training Schedule 2023

## July 3 - July 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>2</b>	<b>3</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Nadia) <b>Provincial 1</b> 12:00-2:00 (Nadia) <b>Provincial 2</b> 2:00-4:00 (Nadia) <b>Provincial 3</b> 6:00-9:00 (Nadia) <b>Provincial 4/National</b> 6:00-9:00 (Nadia)	<b>4</b> <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>5</b> <b>Developmental</b> 4:00-6:00 (Ava) <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-4:00 (Marat) <b>Provincial 3</b> 4:30-7:30 (Emily/Marat) <b>Provincial 4</b> 4:30-7:30 (Emily/Marat) <b>National</b> 4:30-8:30 (Emily/Marat)	<b>6</b> <b>Interclub</b> 4:00-6:00 (Marat) <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-5:00 (Marat) <b>Provincial 3</b> 9:00-12:00 (Marat) <b>Provincial 4</b> 9:00-12:00 (Marat) <b>National</b> 9:00-1:00 (Marat)	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>11</b> <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>12</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 4:30-7:30 (Nadia/Marat) <b>Provincial 4</b> 4:30-7:30 (Nadia/Marat) <b>National</b> 4:30-8:30 (Nadia/Marat)	<b>13</b> <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 9:00-12:00 (Nadia/Marat) <b>Provincial 4</b> 9:00-12:00 (Nadia/Marat) <b>National</b> 9:00-1:00 (Nadia/Marat)	<b>14</b>	<b>15</b>

# Tumbling Training Schedule 2023

**July 16 - July 15**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>16</b>	<b>17</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>18</b> <b>Interclub</b> 4:00-6:00 (Alex/Marat) <b>Provincial 1</b> 12:00-2:00 (Alex/Marat) <b>Provincial 2</b> 2:00-5:00 (Alex/Marat) <b>Provincial 3</b> 6:00-9:00 (Emma/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Emma/Marat)	<b>19</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-4:00 (Marat) <b>Provincial 3</b> 4:30-7:30 (Emma/Marat) <b>Provincial 4</b> 4:30-7:30 Emma/(Marat) <b>National</b> 4:30-8:30 (Emma/Marat)	<b>20</b> <b>Interclub</b> 4:00-6:00 (Alex/Marat) <b>Provincial 1</b> 12:00-2:00 (Alex/Marat) <b>Provincial 2</b> 2:00-5:00 (Alex/Marat) <b>Provincial 3</b> 9:00-12:00 (Alex/(Marat)) <b>Provincial 4</b> 9:00-12:00 (Alex/Marat) <b>National</b> 9:00-1:00 (Alex/Marat)	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Emily/Marat) <b>Provincial 1</b> 12:00-2:00 (Emily/Marat) <b>Provincial 2</b> 2:00-4:00 (Emily/Marat) <b>Provincial 3</b> 6:00-9:00 (Emily/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Emily/Marat)	<b>25</b> <b>Interclub</b> 4:00-6:00 (Luna/Marat) <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-5:00 (Marat) <b>Provincial 3</b> 6:00-9:00 (Emma/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Emma/Marat)	<b>26</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 4:30-7:30 (Nadia/Marat) <b>Provincial 4</b> 4:30-7:30 (Nadia/Marat) <b>National</b> 4:30-8:30 (Nadia/Marat)	<b>27</b> <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 9:00-12:00 (Nadia/Marat) <b>Provincial 4</b> 9:00-12:00 (Nadia/Marat) <b>National</b> 9:00-1:00 (Nadia/Marat)	<b>28</b>	<b>29</b>

**1st Vacation Week - No Training July 31st - August 4**

# Tumbling Training Schedule 2023

August 6 - August 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
6	7  <b>Civic Holiday No Training</b>	8 <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	9 <b>Developmental</b> 4:00-6:00 (Ava) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 4:30-7:30 (Nadia/Marat) <b>Provincial 4</b> 4:30-7:30 (Nadia/Marat) <b>National</b> 4:30-8:30 (Nadia/Marat)	10 <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 9:00-12:00 (Nadia/Marat) <b>Provincial 4</b> 9:00-12:00 (Nadia/Marat) <b>National</b> 9:00-1:00 (Nadia/Marat)	11	12
13	14 <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	15 <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	16 <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 4:30-7:30 (Nadia/Marat) <b>Provincial 4</b> 4:30-7:30 (Nadia/Marat) <b>National</b> 4:30-8:30 (Nadia/Marat)	17 <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 9:00-12:00 (Nadia/Marat) <b>Provincial 4</b> 9:00-12:00 (Nadia/Marat) <b>National</b> 9:00-1:00 (Nadia/Marat)	18 <b>Interclub</b> 9:00-11:00 (Nadia) <b>Provincial 3</b> 11:00-2:00 (Nadia)	19

## Tumbling Training Schedule 2023

### August 6 - August 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
20	<b>21</b> <b>Developmental</b> 4:00-6:00 (Ava/Luna) <b>Interclub</b> 4:30-6:30 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-4:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>22</b> <b>Interclub</b> 4:00-6:00 (Nadia/Marat) <b>Provincial 1</b> 12:00-2:00 (Nadia/Marat) <b>Provincial 2</b> 2:00-5:00 (Nadia/Marat) <b>Provincial 3</b> 6:00-9:00 (Nadia/Marat) <b>Provincial 4/National</b> 6:00-9:00 (Nadia/Marat)	<b>23</b> <b>Developmental</b> 4:00-6:00 (Ava) <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-4:00 (Marat) <b>Provincial 3</b> 4:30-7:30 (Daniela/Marat) <b>Provincial 4</b> 4:30-7:30 (Daniela/Marat) <b>National</b> 4:30-8:30 (Daniela/Marat)	<b>24</b> <b>Provincial 1</b> 12:00-2:00 (Marat) <b>Provincial 2</b> 2:00-5:00 (Marat) <b>Provincial 4</b> 9:00-12:00 (Marat) <b>National</b> 9:00-12:00 (Marat)	25	26
27	<b>28</b>  <b>2nd Vacation Week</b> <b>No Training</b>	<b>29</b>  <b>2nd Vacation Week</b> <b>No Training</b>	<b>30</b>  <b>2nd Vacation Week</b> <b>No Training</b>	<b>31</b>  <b>2nd Vacation Week</b> <b>No Training</b>	1	2

**Fall Training Begins**  
**Wednesday September 6, 2023**

**Final Fall Schedule 2023-2024**  
**Starts September 6th**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Developmental</b> <b>4 Hours</b> <b>Don/Luna</b>	<b>10:00-12:00</b> <b>(2)</b>				<b>5:30-7:30</b> <b>(2)</b>		
<b>Interclub</b> <b>6 Hours</b> <b>Nadia</b>	<b>10:00-12:00</b> <b>(2)</b>		<b>4:30-6:00</b> <b>(2)</b>		<b>4:30-6:30</b> <b>(2)</b>		
<b>Provincial 1</b> <b>8 Hours</b> <b>Marat</b>	<b>10:00-12:00</b> <b>(2)</b>		<b>2:30-5:30</b> <b>(3)</b>		<b>4:00-7:00</b> <b>(2)</b>		
<b>Provincial 2</b> <b>10 Hours</b> <b>Marat/Nadia</b>	<b>12:00-3:00</b> <b>(3)</b>	<b>4:30-7:00</b> <b>(2.5)</b>		<b>4:30-7:00</b> <b>(2.5)</b>	<b>2:30-4:30</b> <b>(2)</b>		
<b>Provincial 3</b> <b>12 Hours</b> <b>Marat/Nadia</b>	<b>3:00-6:00</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>		<b>2:30-5:30</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>		
<b>Provincial 4</b> <b>12 Hours</b> <b>Marat/Nadia</b>	<b>3:00-6:00</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>		<b>6:30-9:30</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>		
<b>National</b> <b>14 Hours</b> <b>Marat/Nadia</b>	<b>3:00-6:00</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>	<b>6:30-8:30</b> <b>(2)</b>	<b>6:30-9:30</b> <b>(3)</b>	<b>6:30-9:30</b> <b>(3)</b>		