Gym Team Practice Schedule – Fall 2025

**Pre-team:**Thursday 4:00-5:30 | + one rec class of your choice

**Bronze:**  
Wednesday 5:30-7:30 | Saturday 9:00-11:00  
 \*Make up day – Thursday 4:00-5:30  
 -ONLY for other extracurricular activities on Saturdays – must email in to gymnastics@ for approval for each make up/absence.

**Level 1:**  
Wednesday 4:30-6:30 | Saturday 9:00-11:00  
 \*Make up day – Thursday 4:00-5:30  
 -ONLY for other extracurricular activities on Saturdays – must email in to gymnastics@ for approval for each make up/absence.

**Level 2:**   
Wednesday 4:30-6:30 | Saturday 9:00-11:30  
 \*Make up day – Thursday 4:00-5:30  
 -ONLY for other extracurricular activities on Saturdays – must email in to gymnastics@ for approval for each make up/absence.

**Silver:**  
Tuesday 5:00-8:30 | Saturday 10:30-1:30  
 \*Make up day – Wednesday 5:30-7:30  
 -ONLY for other extracurricular activities on Saturdays – must email in to gymnastics@ for approval for each make up/absence.

**Level 3:**  
Tuesday 4:00-6:00 | Wednesday 5:30-7:30 | Saturday 9:00-12:00

**Gold:**  
Tuesday 5:00-8:30 | Thursday 5:00-8:30 | Saturday 10:30-1:30

**Level 4:**  
Tuesday 4:00-7:30 | Thursday 5:00-8:30 | Saturday 10:30-1:30

**Platinum & Optionals:**  
 Monday: 5:00-8:30 | Tuesday 5:00-8:30  
 Thursday: 5:00-8:30 | Saturday 10:30-1:30  
 \*Extra practice for External PE 15 hr requirement is Saturday 9:00-10:30.  
 \*More info TBA for other week day options!