**\**

**ARLINGTON GYMNASTICS TEAM - AERIALS**

**PRACTICE UPDATES DURING OCTOBER – DECEMBER**

**SAVE THE DATE:** Sunday, October 25 – **Pre-Season Cookout** (1:00 – 3:00pm)

**SAVE THE DATE:** Friday, December 18 – **Aerials Holiday Party** (8:00 – 9:30pm)

Monday 10/12 (Columbus Day) & Saturday 10/31 (Halloween) – **NORMAL PRACTICE**

Wednesday 11/11 (Veteran’s Day) – **NO PRACTICE**

Normal practice schedule will resume on Monday 1/4/16

|  |  |  |  |
| --- | --- | --- | --- |
| **LEVELS 7 – 10**  Monday 11/23 (Normal Practice)  Tuesday 11/24 (Normal Practice)  Thursday 11/26 (NO PRACTICE)  Friday 11/27 (NO PRACTICE)  Saturday 11/28 (Normal Practice)  Monday 12/21 (12:00 – 4:00pm)  Tuesday 12/22 (12:00 – 4:00pm)  Wednesday 12/23 (12:00 – 4:00pm)  Thursday 12/24 (NO PRACTICE)  Friday 12/25 (NO PRACTICE)  Saturday 12/26 (12:00 – 4:00pm)  Monday 12/28 (12:00 – 4:00pm)  Tuesday 12/29 (12:00 – 4:00pm)  Wednesday 12/30 (12:00 – 4:00pm)  Thursday 12/31 (12:00 – 2:00pm)  Friday 1/1 (NO PRACTICE)  Saturday 1/2 (Normal Practice) | **LEVEL 6**  Monday 11/23 (Normal Practice)  Wednesday 11/25 (2:00 – 6:00pm)  Saturday 11/28 (Normal Practice)  Monday 12/21 (12:00 – 4:00pm)  Tuesday 12/22 (12:00 – 4:00pm)  Wednesday 12/23 (12:00 – 4:00pm)  Thursday 12/24 (NO PRACTICE)  Friday 12/25 (NO PRACTICE)  Saturday 12/26 (12:00 – 4:00pm)  Monday 12/28 (12:00 – 4:00pm)  Tuesday 12/29 (12:00 – 4:00pm)  Wednesday 12/30 (12:00 – 4:00pm)  Thursday 12/31 (12:00 – 2:00pm)  Friday 1/1 (NO PRACTICE)  Saturday 1/2 (Normal Practice) | **LEVEL 5**  Monday 11/23 (Normal Practice)  Wednesday 11/25 (2:00 – 6:00pm)  Friday 11/27 (NO PRACTICE)  Saturday 11/28 (9:00am – 1:00pm)  Monday 12/21 (12:00 – 4:00pm)  Tuesday 12/22 (12:00 – 4:00pm)  Wednesday 12/23 (12:00 – 4:00pm)  Thursday 12/24 (NO PRACTICE)  Friday 12/25 (NO PRACTICE)  Saturday 12/26 (12:00 – 4:00pm)  Monday 12/28 (9:00am – 12:30pm)  Tuesday 12/29 (9:00am – 12:30pm)  Wednesday 12/30 (9:00am – 12:30pm)  Thursday 12/31 (12:00 – 2:00pm)  Friday 1/1 (NO PRACTICE)  Saturday 1/2 (9:00am – 1:00pm) | **LEVEL 4**  Monday 11/23 (Normal Practice)  Wednesday 11/25 (3:00pm – 6:00pm)  Saturday 11/28 (Normal Practice)  Monday 12/21 (Normal Practice)  Wednesday 12/23 (Normal Practice)  Saturday 12/26 (NO PRACTICE)  Monday 12/28 (9:00am – 12:30pm)  Tuesday 12/29 (9:00am – 12:30pm)  Wednesday 12/30 (9:00am – 12:30pm)  Thursday 12/31 (NO PRACTICE)  Friday 1/1 (NO PRACTICE)  Saturday 1/2 (Normal Practice) |
| **LEVEL 3**  Tuesday 11/24 (Normal Practice)  Thursday 11/26 (NO PRACTICE)  Saturday 11/28 (Normal Practice)  Tuesday 12/22 (Normal Practice)  Thursday 12/24 (NO PRACTICE)  Saturday 12/26 (NO PRACTICE)  Monday 12/28 (12:30 – 3:30pm)  Tuesday 12/29 (12:30 – 3:30pm)  Wednesday 12/30 (12:30 – 3:30pm)  Thursday 12/31 (NO PRACTICE)  Friday 1/1 (NO PRACTICE)  Saturday 1/2 (Normal Practice) | **XCEL DIAMOND**  Tuesday 11/24 (Normal Practice)  Wednesday 11/25 (6:00 – 8:00pm)  Thursday 11/26 (NO PRACTICE)  Saturday 11/28 (Normal Practice)  Tuesday 12/22 (Normal Practice)  Wednesday 12/23 (6:00 – 8:00pm)  Thursday 12/24 (NO PRACTICE)  Sunday 12/27 (5:00 – 8:00pm)  Tuesday 12/29 (Normal Practice)  Wednesday 12/30 (6:00 – 8:00pm)  Thursday 12/31 (9:00am – 12:00pm)  Saturday 1/3 (Normal Practice) | **XCEL PLATINUM**  Tuesday 11/24 (Normal Practice)  Thursday 11/26 (NO PRACTICE)  Saturday 11/28 (Normal Practice)  Tuesday 12/22 (Normal Practice)  Thursday 12/24 (NO PRACTICE)  Sunday 12/27 (5:00 – 8:00pm)  Tuesday 12/29 (Normal Practice)  Thursday 12/31 (9:00am – 12:00pm)  Saturday 1/3 (Normal Practice) | **XCEL GOLD**  Wednesday 11/25 (6:00 – 8:00pm)  Friday 11/27 (NO PRACTICE)  Sunday 11/29 (Normal Practice)  Tuesday 12/22 (6:00 – 9:00pm)  Wednesday 12/23 6:00 – 8:00pm)  Friday 12/25 (NO PRACTICE)  Sunday 12/27 (Normal Practice)  Tuesday 12/29 (6:00 – 9:00pm)  Wednesday 12/30 (6:00 – 8:00pm)  Friday 1/1 (NO PRACTICE)  Sunday 1/3 (Normal Practice) |