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**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

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| **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) |