



WOMEN'S COMPETITIVE PROGRAM 2017 – 18 ANNUAL TRAINING SCHEDULE

Summer: Monday, July 31, 2017 - Friday September 1, 2017

W25	25 hours	7:30am - 12:30pm M, T, W, Th, F
W20	20 hours	7:30am - 12:30pm M, T, W, Th
W16	16 hours	1pm – 5pm M, T, W, Th

**Aug 7: BC Day- no training; schedule that week is Tues-Fri due to the Stat holiday*

School Year: Tuesday, September 5, 2017 – Thursday, June 28, 2018

W25	25 hours	1-6pm M, T, Th, F and 8:30am – 1:30pm Sa
W20	20 hours	1-6pm M, T, F and 8:30am – 1:30pm Sa
W16	16 hours	4-8pm M, T, Th and 2-6pm Sa

KEY DATES(** indicates volunteer opportunity)

Monday, July 17	First day of Season
Friday, September 1	Last day of summer schedule
Tuesday, September 5	First day of school year schedule
Monday, October 9	Thanksgiving - no training
Sunday, October 22	Phoenix Community Event**
Saturday, November 11	Remembrance Day - no training
November - TBA	Program event**: Photo Day
December 24 – 26	Winter break - no training
December 27, 28, 29	Winter break training – modified schedule TBA
Dec 30 - Jan 1	Winter break - no training
Tuesday, January 2	Training resumes
Friday – Monday, March 30 – April 2	Easter Weekend - modified schedule TBA
Friday – Saturday , May 11-12	Gym event**: Luau Cup - no training
Monday, May 21	Victoria Day - no training
Sunday, June 24	Gym event**: Year End Show
Thursday, June 28	Last day of training
Monday, July 16	First day of 2018-19 season