

2024/25 JUSCO RG CLUB Schedule

Recreational	ODP	Interclub
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Group-Level	MONDAY <small>Bond Gym</small>	TUESDAY <small>Birchmount Gym</small>	WEDNESDAY <small>Bond Gym</small>	THURSDAY <small>Bond Gym</small>	FRIDAY <small>Birchmount Gym</small>	SATURDAY <small>Birchmount</small>
REC 1 (once) REC 3 (twice) Beginners Intermediate			4-5&6 years old 5:00-6:00 pm			4-5&6 years old 1:00-2:00 pm
REC 2 (once) REC 3 (twice) Beginners Intermediate + once a week			7-8 & 9 years old 6:00-7:30 pm			7-8-9 years old 2:00-3:30 pm
REC 3 Intermediate + twice a week only			10 + years old 6:00-7:30 pm			10 + years old 2:00-3:30pm Time may change to 3:30-5pm if needed
PERFORMANCE & ODP Level Performance (2&3 times week) Ages 6 & under by 2025 (only) ODP Level (2/3 times week) Ages 7 & 8 years old by 2025 (only)	* By selection only 4:30-7:30pm		Bond Gym * By selection only 4:30-7:30 pm			* By selection only 1:00-4pm
INTERCUB Level 2 & 3 Ages 9 & 10 years old by 2025 (only)					*By selection only 4:30-8:30pm	* By selection only 1:00-5:00 pm
INTERCLUB Level 3-4 10-11-12 + years old (only)			Bond Gym * By selection only 4:30-8:30 pm		*By selection only 4:30-8:30 pm	* By selection only 1:00-5:00 pm
INTERCLUB Level 5 12 + years old			Bondt Gym * By selection only 4:30-8:30 pm		* By selection only 4:30-8:30 pm	* By selection only 1:00-5:00 pm