

JUSCO RSG 2023/2024 Calendar

Recreational	ODP	Interclub
--------------	-----	-----------

Group/Level	MONDAY <small>Bond</small>	TUESDAY <small>Bond</small>	WEDNESDAY <small>Bond</small>	THURSDAY <small>Bond</small>	FRIDAY <small>Birchmount</small>	SATURDAY <small>Birchmount</small>
Kinder Gym once a week			3-4 years old 5:30-6:30			
REC 1 Beginners Intermediate once a week		5-6 years old 5:30-6:30 pm	5-6 years old 5:30-6:30 pm			5-6 years old 1:30 - 2:30 pm
REC 2 Beginners Intermediate + once a week			7-8 & 9 years old 6:00-7:30 pm			7-8-9 years old 1:30-2:30pm
REC 3 Intermediate + twice a week only		5-6 years old 5:30-6:30 pm	9-10 + years old 6:00-7:30 pm			5-6 years old 1:30 - 2:30 pm style="color: blue;"> 9-10 + years old 2:30-4pm
ODP Level Pre-Comp (2-3/week) Comp level (3/week) Ages 7 & 8 years old by 2024 (only)	* By selection only 4:30-7:30pm		Birchmount Gym * By selection only 4:30-7:30 pm			* By selection only 1:30-4:30pm
Interclub Level 2 & 3 Ages 9 & 10 years old by 2024 (only)		* By selection only 5:00-8:00 pm			*By selection only 5:00-800pm	* By selection only 1:30-4:30 pm
Advance Interclub level 3-4 10-11-12 + years old (only)	* By selection only 6:00-9:00 pm		Birchmount Gym * By selection only 6:00- 9:00 pm		* By selection only 6:00-9:00 pm	
Level 5 12 + years old	* By section only	* By selection only	Birchmount Gym * By selection only	* By selection only		