



Last updated May 14



Friday, June 5, 2026

Red Gym - Women

Session 01R Level 1N (77)	Session 02R Level 2BN (66)	Session 03R Level 2BN (64)	Session 04R Level 2BN (66)
Open Stretch: 8:00 AM Awards: 10:30 AM	Open Stretch: 10:50 AM Awards: 1:10 PM	Open Stretch: 1:30 PM Awards: 3:50 PM	Open Stretch: 4:10 PM Awards: 6:30 PM
Age Groups Child A,B,C Junior A,B	Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D	Age Groups Senior A,B,C,D
All	5 yrs-younger 8 yrs	mid 8 yrs-mid 9 yrs	older 9 yrs and older
Birthdate Range: All	Birthdate Range: 12/31/26-2/20/2018	Birthdate Range: 2/19/2018-8/25/2016	Birthdate Range: 8/24/2016 and older

White Gym - Women

Session 01W Level GN (66)	Session 02W Level GN (68)	Session 03W Level GN (68)	Session 04W Level GN (68)
Open Stretch: 8:00 AM Awards: 10:45 AM	Open Stretch: 11:05 AM Awards: 1:50 PM	Open Stretch: 2:10 PM Awards: 4:55 PM	Open Stretch: 5:15 PM Awards: 8:00 PM
Age Groups Child A,B,C,D	Age Groups Child E,F,G,H	Age Groups Junior A,B,C,D	Age Groups Senior A,B,C,D
7 yrs-mid 10 yrs	older 10 yrs-younger 12 yrs	mid 12 yrs-younger 13 yrs	mid 13 yrs and older
Birthdate Range: 12/31/2026-8/16/2015	Birthdate Range: 8/15/2015-4/17/2014	Birthdate Range: 4/16/2014-1/29/2013	Birthdate Range: 1/28/2013 and older



Saturday, June 6, 2026

Red Gym - Women

Session 05R Level 3N (86)	Session 06R Level 3N (86)	Session 07R Level 3N (86)	Session 08R Level 3N (86)
Open Stretch: 8:00 AM Awards: 11:00 AM	Open Stretch: 11:15 AM Awards: 2:15 PM	Open Stretch: 2:30 PM Awards: 5:30 PM	Open Stretch: 5:45 PM Awards: 8:45 PM
Age Groups Child A,B,C,D,E,F	Age Groups Child G,H,I,J,K,L	Age Groups Junior A,B,C,D,E,F	Age Groups Senior A,B,C,D,E,F
6 yrs-younger 9 yrs	mid 9 yrs-younger 10 yrs	mid 10 yrs-mid 11 yrs	older 11 yrs and older
Birthdate Range: 12/31/2026-3/12/2017	Birthdate Range: 3/11/2017-4/18/2016	Birthdate Range: 4/17/2016-1/22/2015	Birthdate Range: 1/21/2015 and older

White Gym - Women

Session 05W Level Silver (66)	Session 06W Level Silver (66)	Session 07W Level Silver (65)	***COACHES PARTY*** We will have a fun little get together immediately following the level 3N session. Location to be determined, but put it on your calendar...you don't want to miss it! Beginning at 8:30pm.
Open Stretch: 8:00 AM Awards: 10:30 AM	Open Stretch: 10:45 AM Awards: 1:15 PM	Open Stretch: 1:30 PM Awards: 4:00 PM	
Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D	Age Groups Senior A,B,C,D	
6 yrs - older 9 yrs	older 9 yrs-mid 11 yrs	older 11 yrs and older	
Birthdate Range: 12/31/2026-7/12/2016	Birthdate Range: 7/11/2016-11/19/2014	Birthdate Range: 11/18/2014 and older	

Blue Gym - Adult Gymnastics (Men and Women)

			Session 08WB All Levels
			Open Stretch: 4:20 PM Awards: 7:20 PM



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Sunday, June 7, 2026



Red Gym - Women

Session 09R Level Platinum (61)	Session 10R Level Platinum (62)	Session 11R Level Platinum (65)	Session 12R Level Diamond (77)	
Open Stretch: 8:00 AM Awards: 11:00 AM	Open Stretch: 11:15 AM Awards: 2:15 PM	Open Stretch: 2:30 PM Awards: 5:30 PM	Open Stretch: 5:45 PM Awards: 9:30 PM	
Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D	Age Groups Senior A,B,C,D	Age Groups Junior A,B,C Senior A,B	
8 yrs-older 12 yrs	older 12 yrs-young 15 yrs	mid 15 yrs and older	All	
Birthdate Range: 12/31/2026-7/19/2013	Birthdate Range: 7/18/2013-4/19/2011	Birthdate Range: 4/18/2011 and older	Birthdate Range: All	

White Gym - Women

Session 09W Level 6N (50)	Session 10W Level 6N (50)	Session 11W Level 7N (48)	Session 12W Level 7N (48)	Session 13W Level 8N (55)
Open Stretch: 8:00 AM Awards: 10:30 AM	Open Stretch: 10:45 AM Awards: 1:15 PM	Open Stretch: 1:30 PM Awards: 3:50 PM	Open Stretch: 4:05 PM Awards: 6:25 PM	Open Stretch: 6:40 PM Awards: 9:35 PM
Age Groups Junior A,B,C	Age Groups Senior A,B,C	Age Groups Junior A,B,C	Age Groups Senior A,B,C	Age Groups Junior A,B Senior A,B
8 yrs-12 yrs	13 yrs and older	8 yrs-14 yrs	15 yrs and older	All
Birthdate Range: 12/31/2026-6/17/2013	Birthdate Range: 6/16/2013 and older	Birthdate Range: 12/31/2026-7/14/2011	Birthdate Range: 7/13/2011 and older	Birthdate Range: All

Blue Gym - Men

	Session 01B Level 1N/2N (33)	Session 02B Level 3N (34)	Session 03B Level 4N/5N (39)	Levels 6N-10N High School
	Open Stretch: 10:00 AM Awards: 12:15 PM	Open Stretch: 12:30 PM Awards: 2:45 PM	Open Stretch: 3:00 PM Awards: 5:45 PM	Open Training - Men 6:00pm - 8:00 pm
	Age Groups All	Age Groups All	Age Groups All	



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Monday, June 8, 2026

Red Gym - Women

Session 14R Level 4N (72)	Session 15R Level 4N (72)	Session 16R Level 4N (72)	
Open Stretch: 8:00 AM Awards: 10:55 AM	Open Stretch: 11:15 AM Awards: 2:10 PM	Open Stretch: 2:25 PM Awards: 5:20 PM	
Age Groups Child A,B,C,D,E	Age Groups Junior A,B,C,D,E	Age Groups Senior A,B,C,D,E	
7 yrs-mid 10 yrs	mid 10 yrs-mid 11 yrs	older 11 yrs and older	
Birthdate Range: 12/31/2026-10/29/2015	Birthdate Range: 10/28/2015-7/27/2014	Birthdate Range: 7/26/2014 and older	

White Gym - Women

Session 14W High School Women (65)	Session 15W Levels 9N/10N (43)	Session 16W Level 5N (69)	Session 17W Level 5N (69)
Open Stretch: 8:00 AM Awards: 10:45 AM	Open Stretch: 11:15 AM Awards: 1:55 PM	Open Stretch: 2:10 PM Awards: 5:05 PM	Open Stretch: 5:20 PM Awards: 8:15 PM
Age Groups Junior A,B,C	Age Groups Junior/Senior	Age Groups Child A,B,C,D	Age Groups Junior A,B,C,D
All	All	8 yrs-younger 12 yrs	mid 12 yrs and older
Birthdate Range: All	Birthdate Range: All	Birthdate Range: 12/31/2026-4/22/2014	Birthdate Range: 4/21/2014 and older

Blue Gym - Men

	Session 04B Levels 6N-10N High School Men		
	Open Stretch: 11:15 AM Awards: 2:15 PM		