



# OMEGA GYMNASTIC SCHEDULE

## March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Flip into Spring	7	8	9	10	11 Courtney Kupet's "Pink"	12 Courtney Kupet's "Pink" St Pat Day Invite
13 Daylight Saving Courtney Kupet's "Pink" St Pat Day Invite	14	15	16	17	18 State Meet Rookie Bronze	19 State Meet Rookie Bronze
20 State Meet Rookie Bronze	21	22	23	24	25 State Meet Levels 7-10	26 State Meet Levels 7-10
27 State Meet Levels 7-10	28	29	30	31		

### Important Information:

#### TRAINING TIMES:

Developmental: MW 3:15-4:45p  
 Level 4s: MW 4-6p; F 4-7p  
 Level 5: MWF 4-7p  
 Level 6 & up: MW 4-7:30p; F 4-7  
 Level 6 & up: Tue 5:30-8p (Grp A);  
 Thur 5:30-8p (Grp B)

#### GYM CLOSED:

#### MEET SCHEDULE:

**Mar 6:** March Madness, Fayetteville  
**Mar 11-13:** Courtney Kupets Pink, Savannah, GA (L5-9)  
**Mar 12-13:** St. Pat Day Invitational, Raleigh (Silver)  
**Mar 18-20:** Rookie (Bronze) State Meet, Albemarle  
**Mar 25-27:** Level 7-10 State Meet, Greenville



# OMEGA GYMNASTIC SCHEDULE

## April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Easter 	25	26	27	28	29	30

### Important Information:

#### TRAINING TIMES:

Developmental: MW 3:15-4:45p  
Level 4s: MW 4-6p; F 4-7p  
Level 5: MWF 4-7p  
Level 6 & up: MW 4-7:30p; F 4-7  
Level 6 & up: Tue 5:30-8p (Grp A);  
Thur 5:30-8p (Grp B)

#### GYM CLOSED:

#### MEET SCHEDULE:

**Apr 1-3:** Prep Op State Meet, Greensboro  
**Apr 7-10:** Regionals Level 7 and 8, Kennesaw, GA  
**Apr 14-17:** Regionals Level 9 and 10, Westwego, LA  
**Apr 28 – May 1:** Regionals Rookies and Prep Op, Palmetto, FL



# OMEGA GYMNASTIC SCHEDULE

## May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day <b>GYM CLOSED</b>	31 <b>GYM CLOSED</b>				

### Important Information:

#### TRAINING TIMES:

Developmental: MW 3:15-4:45p  
Level 4s: MW 4-6p; F 4-7p  
Level 5: MWF 4-7p  
Level 6 & up: MW 4-7:30p; F 4-7  
Level 6 & up: Tue 5:30-8p (Grp A);  
Thur 5:30-8p (Grp B)

#### GYM CLOSED:

**May 30-31: Memorial Day**

#### MEET SCHEDULE:

**Apr 28-May 1:** Prep Op Regional's, Palmetto, FL



# OMEGA GYMNASTIC SCHEDULE

## June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### Important Information:

#### TRAINING TIMES:

Developmental: MW 3:15-4:45p  
Level 4s: MW 4-6p; F 4-7p  
Level 5: MWF 4-7p  
Level 6 & up: MW 4-7:30p; F 4-7  
Level 6 & up: Tue 5:30-8p (Grp A);  
Thur 5:30-8p (Grp B)

#### GYM CLOSED:

#### MEET SCHEDULE: