

Gymnastics ENERGY

March

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					RHYTHMIC Meet – Trillium Inv. - Markham WAG MEET- Lancaster, N.Y. "Spring Graffiti" -NO ODP\Pre-Comp - All other Levels and XCEL	
					1	2
RHYTHMIC Meet – Trillium Inv. WAG MEET- Lancaster, N.Y. "Spring Graffiti"					MAG 3rd CUP MEET- OTTAWA GYMNASTICS CLUB – P1/2 and P3/4 – Mar 8-10	
3	4	5	6	7	8	9
					WAG MEET - Jamestown, NY "Lucky Stars Inv" - GEMS ONLY	
MARCH BREAK - NO COMPETITIVE TRAINING -POSSIBLY SOME MODIFIED TRAINING FOR SOME COMP GROUPS - PROG.MANAGERS WILL NOTIFY						
MAG 3rd CUP	REC MARCH BREAK Camp – NO regular Recreational Classes					
10	11	12	13	14	15	16
St.Patrick's Day Wear Green WAG MEET - Jamestown, NY "Lucky Stars Inv" - GEMS ONLY			DSBN Meet at Gymnastics Energy 830am-230pm			MAG Tour Sel-Alberta March 21-25th
17				MAG Tour Sel-Alberta March 21-25th	WAG MEET-Milton Springers Challenge – Level 2 & XCEL	
Competitive Parent Veiwng						
	18	19	20	21	22	23
MAG Tour Selection-Alberta March 21-25th					GYM CLOSED	Recreational Classes RUNNING
WAG MEET - Milton Springers	Registration for Spring Rec Classes Opens				EASTER WEEKEND - No Comp Training	
24	25	26	27	28	29	30
EASTER WEEKEND -GYM CLOSED- No Competitive or Recreational classes						
31						

Gymnastics ENERGY

April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EASTER WEEKEND -GYM CLOSED- No Competitive or Recreational classes						MAG Open Tryouts for Non-Gymnastics Energy Athletes
1	2	3	4	5	6	
WAG Open Tryouts for Non-Gymnastics Energy Athletes	P.A. Day Camp – Elem.P.A.Day			WAG MEET- Ottawa - ON Prov Championships -Level 6+ Optionals		
7	8	9	10	MAG MEET- Ottawa- ON Prov Championships Level P1-P4		
		RECREATIONAL PARENT VIEWING				
WAG Championships - Level 6+	Competitive Parent Viewing					
MAG Championships Level P1-P4					Energy Fundraiser- Elimination Dinner	MAG Meet – Woodbridge Invitational -Apr 20-22
14	15	16	17	18	19	20
RECREATIONAL PARENT VIEWING						
MAG Meet – Woodbridge Invitational -Apr 20-22					WAG MEET-Burlington Spring Cup- ODP & Pairs (Optionals)	
21	22	23	24	25	26	27
WAG-Burlington Spring Cup	Spring Recreational Classes Begin					
28	29	30				

Gymnastics ENERGY

May

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					RHYTHMIC Meet – JUSCO Inv. - Markham		
				WAG MEET- Muskoka- ON Prov Championships -Level 3-5 Compulsory			
			1	2	3	4	
RHYTHMIC Meet – JUSCO Inv.							
WAG MEET- Muskoka- Championships							
5	6	7	8	9	10	11	
					Recreational Classes RUNNING	Recreational Classes RUNNING	
Mother's Day – Gym closed					NO COMPETITIVE Training Victoria Day Weekend		
12	13	14	15	16	17	18	
GYM CLOSED Victoria Day Weekend- NO CLASSES	Victoria Day- GYM CLOSED-No Recreational/Competitive	Competitive Parent Viewing					
19	20	21	22	23	24	25	
26	27	28	29	30	31		

Gymnastics ENERGY

June

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	RECREATIONAL PARENT VIEWING					
					P.A. Day Camp – Elem.P.A.Day	
2	3	4	5	6	7	8
	Competitive Parent Viewing					
9	10	11	12	13	14	15
Father's Day – Gym closed						Last Day of Recreational Classes
16	17	18	19	20	21	Energy Banquet
	NO RECREATIONAL PROGRAMS RUNNING – REC. COACHES TRAINING AND BREAK					
				Last Day of Elementary School	P.A. Day for DSBN NO P.D. Day Camp	Last Day of Competitive Training
23	24	25	26	27	28	29
30						