

GYMNASTICS ENERGY EVENTS CALENDAR 2023-2024

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
JULY 2023			First Day of Summer Camp							First Day Summer Comp Training						
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
AUGUST 2023	1	2	3	4	5	6	Civic Holiday No Training	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28 (M)	29 (T)	30 (W)	31 (Th)
													Shut Down Week - Maintenance REQ'D			
SEPTEMBER 2023	1 (F)	2 (S)	3 (Su)	4 (M)	5 (T)	6 (W)	7 (Th)	8 (F)	9 (S)	10 (Su)	11 (M)	12 (T)	13 (W)	14 (Th)	15 (F)	
	Shut Down Week - Volunteers	Gym Closed		Labour Day Gym Closed	Shut Down Week - First Week of School -Maintenance Completion - Fall Prep. -Staff Training- Staff Meetings - NO COMP TRAINING					First Day Fall Competitive Training & Rec Classes						
	16 (S)	17 (Su)	18 (M)	19 (T)	20 (W)	21 (Th)	22 (F)	23 (S)	24 (Su)	25 (M)	26 (M)	27 (T)	28 (W)	29 (Th)	30 (F)	
		Competitive Parent Viewing					Grape & Wine Parade (9yr + Comp Athletes)								Truth & Reconciliation - wear orange	
OCTOBER 2023	1 (Su)	2 (M)	3 (T)	4 (W)	5 (Th)	6 (F)	7 (S)	8 (Su)	9 (M)	10 (T)	11 (W)	12 (Th)	13 (F)	14 (S)	15 (Su)	
						PA Day Camp		Thanksgiving -No Training- Gym Closed								
	16 (M)	17 (T)	18 (W)	19 (Th)	20 (F)	21 (S)	22 (Su)	23 (M)	24 (T)	25 (W)	26 (Th)	27 (F)	28 (S)	29 (Su)	30 (M)	31 (T)
	Recreational and Competitive Parent Viewing															Halloween -No Rec Classes Optional Comp.
NOVEMBER 2023	1 (W)	2 (Th)	3 (F)	4 (S)	5 (Su)	6 (M)	7 (T)	8 (W)	9 (Th)	10 (F)	11 (S)	12 (Su)	13 (M)	(F)	15 (W)	
										WAG Tour Selection - Optionals Only- Mississauga						
											Remembrance Day					
	16 (Th)	17 (F)	18 (S)	19 (Su)	20 (M)	21 (T)	22 (W)	23 (Th)	24 (F)	25 (S)	26 (Su)	27 (M)	28 (T)	29 (W)	30 (Th)	
								PA Day Camp								
	Competitive Parent Viewing															
DECEMBER 2023	1 (F)	2 (S)	3 (Su)	4 (M)	5 (T)	6 (W)	7 (Th)	8 (F)	9 (S)	10 (Su)	11 (M)	12 (T)	13 (W)	14 (Th)	15 (F)	
							Set up for Meet - Volunteers	MAG 1ST CUP MEET - GYMNASTICS ENERGY - NO COMP TRAINING			Recreational Parent Viewing					
								WAG Meet-Lev6+ -Optional/Compuls. Burlington Winter Wonderland				Winter Rec Reg. Opens				
	16 (S)	17 (Su)	18 (M)	19 (T)	20 (W)	21 (Th)	22 (F)	23 (S)	24 (Su)	25 (M)	26 (T)	27 (W)	28 (Th)	29 (F)	30 (S)	31 (Su)
	Recreational Parent Viewing & End of Rec Classes								Christmas Eve	Christmas Day	Boxing Day	REC Day Camp	REC Day Camp	REC Day Camp		
	Competitive Athlete Party 1p-5p								No Comp Training	No Comp Training	No Comp Training	Modified Competitive Training			No Comp Training	No Comp Training

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	1 (M)	2 (T)	3 (W)	4 (Th)	5 (F)	6 (S)	7 (Su)	8 (M)	9 (T)	10 (W)	11 (Th)	12 (F)	13 (S)	14 (Su)	15 (M)	
JANUARY 2024	New Years Day Closed- No Comp Training	REC Day Camp	REC Day Camp	REC Day Camp	REC Day Camp	Gym Closed	Winter Rec Session Begins									
	Modified Comp Training					No Comp Training	Regular Comp. Training Resumes									
	16 (T)	17 (W)	18 (Th)	19 (F)	20 (S)	21 (Su)	22 (M)	23 (T)	24 (W)	25 (Th)	26 (F)	27 (S)	28 (Su)	29 (M)	30 (T)	31 (W)
	No Rec Classes Jan16-22	Set Up for WAG Meet-Volunteers	WAG MEET-GREEN ENERGY CHALLENGE-GYMNASTICS ENERGY - ALL WAG GROUPS COMPETING- NO COMPETITIVE TRAINING					Rec.Classes Resume			WAG MEET-Lightening by the Falls, N.F. for Level 3-5 class					
FEBRUARY 2024	1 (Th)	2 (F)	3 (S)	4 (Su)	5 (M)	6 (T)	7 (W)	8 (Th)	9 (F)	10 (S)	11 (Su)	12 (M)	13 (T)	14 (W)	15 (Th)	
		MAG 2nd CUP MEET - KITCHENER WATERLOO GYMNASTICS CLUB						WAG MEET-Thorold, "For the Love of Gymnastics"- NO ODP - All other Levels and XCEL						Valentine's Day (wear red)		
	16 (F)	17 (S)	18 (Su)	19 (M)	20 (T)	21 (W)	22 (Th)	23 (F)	24 (S)	25 (Su)	26 (M)	27 (T)	28 (W)	29 (Th)		
	PA Day Camp	FAMILY DAY WEEKEND-Gym Closed			Competitive Parent Viewing											
MARCH 2024	1 (F)	2 (S)	3 (Su)	4 (M)	5 (T)	6 (W)	7 (Th)	8 (F)	9 (S)	10 (Su)	11 (M)	12 (T)	13 (W)	14 (Th)	15 (F)	
	WAG MEET- Lancaster, N.Y. "Spring Graffiti" -NO ODP/Pre-Comp - All other Levels and XCEL							MAG 3rd CUP MEET- OTTAWA GYMNASTICS CLUB				MARCH BREAK - NO COMPETITIVE TRAINING -POSSIBLY SOME MODIFIED TRAINING FOR SOME COMP GROUPS - PROG.MANAGERS WILL NOTIFY				
	RHYTHMIC Comp-Trillium Invitational - Markham Pan Am - ALL Rhythmic									REC MARCH BREAK Camp						
	16 (S)	17 (Su)	18 (M)	19 (T)	20 (W)	21 (Th)	22 (F)	23 (S)	24 (Su)	25 (M)	26 (T)	27 (W)	28 (Th)	29 (F)	30 (S)	31 (Su)
	WAG MEET - Jamestown, NY "Lucky Stars Inv" - GEMS ONLY - MAR 15-17		MAG Tour Selection - Grizzly Classic - Alberta - GE sending 2 athletes and team coach.				EASTER WEEKEND -Gym Closed No Comp Training									
	ST. Patrick's Day (wear green)	Competitive Parent Viewing				WAG MEET-Milton Springers Challenge - Level 2 & XCEL										
APRIL 2024	1 (M)	2 (T)	3 (W)	4 (Th)	5 (F)	6 (S)	7 (Su)	8 (M)	9 (T)	10 (W)	11 (Th)	12 (F)	13 (S)	14 (Su)	15 (M)	
	EASTER WKND -Closed No Comp Training				RHYTHMIC Comp-Burlington Spring Cup - Burlington - ALL RHYTHMIC			PA Day DSBN-ELEM Schools- PA Day Camp		MAG & WAG MEET- Ottawa - ON Prov Championships - MAG P1-4 & WAG Level 6+ Optionals						
	16 (T)	17 (W)	18 (Th)	19 (F)	20 (S)	21 (Su)	22 (M)	23 (T)	24 (W)	25 (Th)	26 (F)	27 (S)	28 (Su)	29 (M)	30 (T)	
	Competitive Parent Viewing				Competitive Tryouts -No COMPETITIVE VIEWING		Last Day of REC classes		WAG MEET-Burlington Spring Cup- ODP & Pairs (Optionals)						Spring Rec Session Begins	
	Recreational Parent Viewing			Elimination Dinner & Rec Viewing		Recreational Parent Viewing			MAG MEET- Woodbridge Invitational APR 20-21							
MAY 2024	1 (W)	2 (Th)	3 (F)	4 (S)	5 (Su)	6 (M)	7 (T)	8 (W)	9 (Th)	10 (F)	11 (S)	12 (Su)	13 (M)	14 (T)	15 (W)	
		WAG MEET-Muskoka - ON Prov Championships - Compulsory Level 3-5-										Mother's Day - No Comp Training				
		RHYTHMIC Comp-JUSCO Invitational - Markham Pan Am - ALL RHYTHMIC														
16 (Th)	17 (F)	18 (S)	19 (Su)	20 (M)	21 (T)	22 (W)	23 (Th)	24 (F)	25 (S)	26 (Su)	27 (M)	28 (T)	29 (W)	30 (Th)	31 (F)	
	VICTORIA DAY WEEKEND - NO COMP TRAINING				Competitive Parent Viewing											
	RHYTHMIC Comp-Legends Cup Invitational - Guelph Gryphons - ALL RHYTHMIC				Victoria Day - gym closed											
JUNE 2024	1 (S)	2 (Su)	3 (M)	4 (T)	5 (W)	6 (Th)	7 (F)	8 (S)	9 (Su)	10 (M)	11 (T)	12 (W)	13 (Th)	14 (F)	15 (S)	
		Recreational Parent Viewing										Competitive Parent Viewing				
	16 (Su)	17 (M)	18 (T)	19 (W)	20 (Th)	21 (F)	22 (S)	23 (Su)	24 (M)	25 (T)	26 (W)	27 (Th)	28 (F)	29 (S)	30 (Su)	
	Father's Day - No Comp Training					Energy Banquet		Last Day of Rec			Last Day of Elem.School		PA Day for DSBN		Last Day of Competitive Training	
											No PA Day Camp					

Please note this is a tentative schedule and may be subject to change. Updates and changes to the schedule will be posted online and in the gym. Emails will be sent out to those groups who are affected by modified training and changes to events by the groups coach.