**Thursday AFA 8yrs & under 17.00-18.30**

**Lead:** Vicki *(also warming up Rec 17.00-18.00)*

**Week 1 Theme:** HANDSTANDS AND WALKOVERS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 17.25)

**Week 1 Apparatus:** BEAM AND VAULT

**Apparatus Time:** 25 mins per Apparatus.

2 minutes to explain. 2 mins to work per station. 45 seconds to clean hands and key areas per station.

**Apparatus Working Area:**

BEAM = Any 17.30-18.00 Approx.

VAULT = Green Spot Area 18.00-18.30 approx.

**Apparatus Coaches:** Vicki (1 group)

**Lead Dismiss:** 17.25

**Thursday AFA 9-11yrs 18.00-19.30**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS AND WALKOVERS

**Warm Up Area:** Blue Spots Area (aim to finish Warm Up by 18.25)

**Week 1 Apparatus:** Floor and Bars

**Apparatus Time:** 25 mins per Apparatus.

2 minutes to explain. 2 mins to work per station. 45 seconds to clean hands and key areas per station.

**Apparatus Working Area:**

Floor = AIR TRACK 18.30-19.00 approx.

Bars = Bars 19.00-19.30 approx.

**Apparatus Coaches:** Vicki (1 group)

**Lead Dismiss:** 19.30