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

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

**Week 1 Theme:** Handstands

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

**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 = Green Floor Area 17.30-18.00 Approx.

BAR = Any 18.00-18.30

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

**Lead Dismiss:** 18.25

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

**Lead:** Vicki

**Week 1 Theme:** Handstands

**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:**

Vault = Blue Spots Circuit 18.30-19.00 approx.

Beam= 3 Beams 19.00-19.30 approx.

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

**Lead Dismiss:** 19.30