**Tuesday AFA 8yrs & under 16.00-17.30**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS/WALKOVERS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 16.30)

**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 = Blue Spots

Bars = Rec Bars

**Apparatus Coaches:** Eloise and Hannah

**Lead Dismiss:** 17.25

**Tuesday AFA 9-11yrs 17.00-18.30**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS/WALKOVERS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 17.30)

**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 = Blue Spots

Bars = Rec Bars

**Apparatus Coaches:** Eloise and Vicki

**Lead Dismiss:** 18.30

**Tuesday Teen Gym 18.00-20.00**

**Lead:** Libby

**Week 1 Theme:** HANDSTANDS/WALKOVERS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 18.30)

**Week 1 Apparatus:** Floor, Bars, Beam

**Apparatus Time:** 30 mins per Apparatus.

2 minutes to explain. 2.5 mins to work per station. 45 seconds to clean hands and key areas per station.

**Apparatus Working Area:** *will be in Apparatus Rotation with Senior Squad*

Bars any

Beam any

Floor – air track

**Apparatus Coaches:** Libby and Vicki

**Lead Dismiss:** 20.00