**Thursday 16.00-17.00**

**Lead:** Vicki

**Week 1 Theme:** Handstands

**Warm Up Area:** Green Spots (aim to finish Warm Up by 16.25)

**Week 1 Apparatus:** Vault and Beam

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Vault = Blue Spots Floor Circuit

Beam= Any beams

**Apparatus Coaches:** Vicki and Hannah D (2 groups)

**Lead Dismiss:** 16.55

**Thursday 17.00-18.00**

**Lead:** Vicki *(also warming up AFA 17.00-18.30 class)*

**Week 1 Theme:** Handstands

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

**Week 1 Apparatus:** Vault and Beam

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Vault = Blue Spots Floor Circuit 17.30-17.45 approx. MUST BE FIRST

Beam= Any beams

**Apparatus Coaches:** Hannah D (1 group)

**Lead Dismiss:** 17.55