

**APEX
Developmental Team
Track**

XCEL TEAM
8 - 18 years
4 plus hours per week

COMPETITIVE TEAM
6 - 18 years
10 plus hours per week

TOPAZ
10 and up
3 hours per week

SAPPHIRE
8 - 10 year olds
5 hours per week

RUBY
8 - 10 year olds
3 hours per week

EMERALD
7 - 8 year olds
5 hours per week

PEARL
7 - 8 year olds
3 hours per week

DIAMOND
6 - 7 year olds
3 hours per week

OPAL
6 - 9 year olds
1.5 hours per week