



**2024-2025 APEX Xcel Teams
Practice Schedules & Tuition**

The current schedule ends on June 15, 2024. We are closed from June 16 – June 23, 2024. We will begin the summer schedule on June 24th and it will run through August 16th. There will be no practice on July 4, 2024. APEX will close on August 17th and will open for the Fall, 2024 schedule on Tuesday, September 3, 2024.

Group	Summer Schedule 2024	Schedule TENTATIVE 2024-2025	Additional Costs	Yearly Coaching Assessment Due 11/1
Xcel Diamond/Platinum	Monday & Wednesday 6:30 – 9:00 pm Friday 4:30 – 7:30 pm \$330.00/month	Monday & Thursday 6:30 – 9:00 pm Saturday 9:30 – 12:30 pm \$330.00/month	Approx. \$125 uniform Meet fees Floor music & choreography \$200 Team Reg./USA Membership Fee \$165	\$265.00
Xcel Gold	Monday & Wednesday 6:30 – 9:00 pm Friday 4:30 – 7:30 pm \$330.00/month	Monday & Thursday 6:30 – 9:00 pm Saturday 11:30 – 2:30 pm \$330.00/month	Approx. \$125 uniform Meet fees Floor music & choreography \$200 Team Reg./USA Membership Fee \$165	\$265.00
Xcel Silver	Tuesday 6:00 – 8:30 pm Friday 5:00 – 7:30 pm \$275.00/month	Tuesday 6:00-8:30 pm Saturday 2:00 -4:30 pm \$275.00/month	Approx. \$125 uniform Meet fees Team Reg. Fee/USA Membership \$165	\$265.00
Xcel Bronze	Tuesday & Thursday 6:00 – 8:30 pm \$275.00/month	Wednesday & Friday 6:00 -8:30 pm \$275.00/month	Approx. \$125 uniform Meet fees Team Reg. Fee/USA Membership \$165	\$265.00

**NEW FOR SUMMER 2024
APEX Team Flex Days**

APEX Team Flex Days will be offered each Wednesday from 1:30 – 4:00 pm. Flex days are structured practices led by team coaches. Gymnasts will be able to work on problem skills, extra choreography time to get those routines down or just to add some hours over the course of the summer. These are a great way to help balance out missed time due to vacations and you sign up as you need them over the summer. Flex Days will be open on the parent portal each week and are \$60 each. Pick and choose the days you are interested. Space is limited.