

Competitive Team Summer 2024

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.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Level 7 - 10 Girls	\$490	12:30 - 4:30	9:00 - 1:00	12:30 - 4:30	9:00 - 1:00	9:00 - 1:00
Level 6 Girls	\$490	12:30 -4:30	9:00 - 1:00	12:30 -4:30	9:00 - 1:00	9:00 - 1:00
Level 4 Girls	\$455	9:00 -1:00	12:30-4:30	OFF	12:30-4:30	12:30-4:30
Level 3 Girls	\$385	OFF	2:30-6:00	OFF	2:30-6:00	12:30-4:30
Level 6- 10 Boys	\$490	9:00-1:00	9:00-1:00	12:00-4:00	9:00-1:00	9:00-1:00
Level 5 Boys	\$455	9:00-1:00	OFF	12:00-4:00	9:00-1:00	9:00-1:00
Level 3/4 Boys	\$355	4:30-7:00	OFF	4:30-7:00	OFF	9:00 -1:00
Xcel Boys Sr	\$330	OFF	9:00 -1:00	OFF	9:00 -1:00	OFF
Xcel Boys Jr	\$275	4:30-7:00	OFF	4:30-7:00	OFF	OFF

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.