



**Victoria A. Jakelsky**  
 Director of Competitive Gymnastics  
 (908) 782-4009 ext. 257  
 jakelsky@healthquest-fitness.com



*"Teaching the Pursuit of Excellence"*

## 2016 Summer Workout Practice Schedule: July 5 - August 27

DAY	Girls Training Team	Girls Level 3	Girls Level 4	Girls Level 5	Girls Level 6	Boys Training Team	Boys Level 4 & 5	Boys Level 6	Competitive Cheer
MON		4:00 - 7:00			4:00 - 7:00		12:30 - 3:30	12:30 - 3:30	
TUE	5:30-7:30		12:30 - 5:00	12:30 - 5:00	12:30 - 5:00		9:00 - 12:00	9:00 - 12:00 12:30 - 4:00	4:00 - 6:00
WED		9:00 - 12:00		12:30 - 5:00	12:30 - 5:00	12:30 - 2:30	9:00 - 12:30	9:00 - 12:30	
THU	5:30-7:30	9:00 - 12:00	12:30 - 5:00	12:30 - 5:00	12:30 - 5:00				4:00 - 6:00
FRI			12:30 - 5:00			12:30 - 2:30	9:00 - 12:30	9:00 - 12:30	

## 2016-2017 Fall-Winter Practice Schedule: Starting Aug 29

DAY	Girls Training Team	Girls Level 3	Girls Level 4	Girls Level 5	Girls Level 6	Boys Training Team	Boys Level 4 & 5	Boys Level 6	Competitive Cheer
MON	6:00 - 8:00	4:00 - 7:00		4:30 - 9:00	4:30 - 9:00	7:00 - 9:00			
TUE			4:00 - 8:00				4:30 - 9:00	4:30 - 9:00	6:00 - 8:00
WED		4:00 - 7:00		4:30 - 9:00	4:30 - 9:00				
THU			4:00 - 9:00		6:00 - 9:00			6:00 - 9:00	6:00 - 8:00
FRI	6:00 - 8:00	4:00 - 7:00					4:00 - 9:00	4:00 - 9:00	
SAT			1:30 - 5:30	1:30 - 4:30	1:30 - 4:30	1:30 - 3:30	9:00 - 1:00	9:00 - 1:00	

## 2016 USAG Training Camps for Levels 3-6

Camp is recommended for an additional fee to enjoy a full day training experience.

Camp Starts at 9:00 AM & Ends at 5:00 PM - Choose 1 or Both Weeks

Camp Weeks	HEALTHQUEST COMPETITIVE GYMNASTICS TEAM MEMBERS								CAMP ONLY	
	Training Team		Level 3 Competitive Team		Level 4-5 Competitive Team		Level 6 Competitive Team		Level 3-6 Gymnastics	
	HQ MEM	TEAM ONLY	HQ MEM	TEAM ONLY	HQ MEM	TEAM ONLY	HQ MEM	TEAM ONLY	HQ MEM	NON-MEM
Wk 1: Aug 8-12	\$235	\$305	\$200	\$265	\$175	\$225	\$150	\$200	\$400	\$495
Wk 2: Aug 15-19	\$235	\$305	\$200	\$265	\$175	\$225	\$150	\$200	\$400	\$495
<b>Camp/Team Hours</b>	36 Hrs Camp/4 Hrs Team		31 Hrs Camp/9 Hrs Team		26.5 Hrs Camp/13.5 Hrs Team		23.5 Hrs Camp/16.5 Hrs Team		40 Hrs Camp	

Camps held at the All New HQ Gymnastics Training Center - Open to Teams & Individual Gymnasts.

Minimum Number of Participants Needed for Each Camp. Bring your own lunch. Visiting Coaches come for FREE when they bring 4 gymnasts.

**As Always - All days & times are subject to change due to unforeseen circumstances.**