

2019-2020 SC Schedule - Cumming

Chattahoochee Gold 2019-2020			Yearly Track	Monthly Track
Groups	Schedule			
Intro to Gold (1)	T	3:30-4:15p	Not Applicable	\$70
Intro to Gold (2)	TH	3:30-4:15p	Not Applicable	\$70
Intro to Gold (3)	T	5:30-6:15p	Not Applicable	\$70
Intro to Gold (4)	TH	5:30-6:15p	Not Applicable	\$70
Intro to Gold II (1)	T/Th	3:30-4:15p	Not Applicable	\$100
Intro to Gold II (2)	M/W	4:30-5:15p	Not Applicable	\$100
Intro to Gold II (3)	T/TH	5:30-6:15p	Not Applicable	\$100
Intro to Gold II (4)	T/TH	6:15-7:00p	Not Applicable	\$100
Technique & Fitness (1)	T	7:30-8:30p	Not Applicable	\$85
Technique & Fitness (2)	TH	7:30-8:30p	Not Applicable	\$85
Technique & Fitness League (1)	M F	7:30-8:30p 6:30-7:30p	Not Applicable	\$110
Technique & Fitness League (2)	T/TH	7:30-8:30p	Not Applicable	\$110
Silver Early	M/F W	3:30-4:15p 3:30-4:45p *	\$145	\$195
Silver Early Advanced	M/F W Sat	3:30-4:15p 3:45-4:45p * 8:30-10:00a**	\$165	\$215
Silver Late	T Th/F	4:15-5:30p * 4:15-5:00p	\$145	\$195
Silver Late Advanced	T Th/F Sat	4:15-5:30p * 4:15-5:00p 8:30-10:00a **	\$165	\$215
Gold	M/T/TH Sat	4:30-6:15p * 8:30-10:15a **	\$210	\$255
Gold Advanced	M/T/TH F Sat	5:15-7:00p ** 5:00-6:10p 8:30-10:15a**	\$220	\$275
Sectionals	M/T/Th W F Sat	6:30-8:30p ** 7:00-8:30p 6:30-8:00p 7:00-9:00a	\$235	\$285
Sectionals Advanced	M T/Th W F Sat	5:45-7:15a / 6:30-8:30p ** 6:30-8:30p ** 5:15-7:00p 6:10-8:00p 7:00-9:00a	\$245	\$305
High school	M/T/Th Sat	7:30-8:30p 7:00-8:00a	160	\$165
Senior 2	M/T/Th Sat	7:00-9:00p 7:00-9:00a	215	\$275
Senior	M T/TH W F Sat	5:45-7:15a / 4:40-7:30p +* 4:40-7:30p +* 5:45-7:15a / 4:30-7:00p ** 4:30-6:30p 7:00-9:00a	\$260	\$320
National	M T/TH W F Sat	5:45-7:15a / 4:40-7:30p +* 4:40-7:30p +* 5:45-7:15a / 4:30-7:00p** 5:45-7:15a / 4:30-6:30p 7:00-9:45a #	\$290	Not Applicable

\* Last 30 mins dry-land    \*\* First 30 mins dry-land    +First 20 min stretch    #Last 45 min drylands