

ROWLAND/BALLARD ATASCOCITA TEAM PROGRAM 2022 - 2023

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Training Groups						
i - LEVEL 8/9/10 ** 20 Hrs. (\$550)	3:00 – 7:00	3:00 – 7:00	3:00 – 7:00	3:00 – 7:00	3:00 – 7:00	
HOPES * 4.5 Hrs. (\$296)		4:15-6:00		4:15-6:00		
HOT SHOTS * 4.5 Hrs. (\$296)		4:15-6:00		4:15-6:00		
STARS * 4.5 Hrs. (\$296)		4:15-6:00		4:15-6:00		
DREAMERS * 4.5 Hrs. (\$296)		4:15-6:00		4:15-6:00		
LEVEL 2 7.5 Hrs. (\$345)	4:00 – 6:15		4:00 – 6:15		4:30-7:30	
LEVEL 3 8 Hrs. (\$357)	4:00 – 6:30		4:00 – 6:30		4:30-7:30	
Late Training Group						
LEVEL 4 14.25 Hrs. (\$424)	5:30–9:15	5:30–9:15		5:30–9:15		8:30-11:30
LEVEL 4 / 5 17.50 Hrs. (\$460)	5:30-9:15	5:30-9:15	5:30-8:45	5:30-9:15		8:30-11:30
LEVEL 6 / 7 17.50 Hrs. (\$460)	5:30-9:15	5:30-9:15	5:30-8:45	5:30-9:15	4:30-7:30	
LEVEL 7 / 8 17.50 Hrs. (\$460)	5:30-9:15	5:30-9:15	5:30-8:45	5:30-9:15	4:30-7:30	

* HOPES, HOT SHOTS, STARS, DREAMERS should add a 1 hour tumbling class to their weekly training schedule. One hour tumbling classes can be found on the Rowland Ballard class schedule.

** The i-Level 8/9/10 optional training group is by invitation only.

281-812-7835 / www.rowlandballard.com