

Capital Rhythmics Team Schedule

CAPITAL RHYTHMICS TEAM by Capital Stars LLC Season 2019 - 2020 Levels' schedule

Level	10-9	8	7	6	5	3A	3B	Pre-Team
Mon	4 - 8 PM	4 - 8 PM	4 - 8 PM	4 - 8 PM (optional)	-	-	-	-
Tue	4 - 8 PM	4 - 8 PM	4 - 8 PM (optional)	-	5 - 8 PM	6 - 8 PM	-	6 - 8 PM (optional)
Wed	4 - 8 PM	4 - 8 PM (optional)	4 - 8 PM	4 - 8 PM	5 - 8 PM (optional)	-	5 - 7 PM	-
Thu	-	-	-	-	5 - 8 PM	6 - 8 PM	-	6 - 8 PM (optional)
Fri	4 - 8 PM	4 - 8 PM	4 - 8 PM	4 - 8 PM	-	-	-	-
Sat	10 AM - 2 PM	10 AM - 2 PM	10 AM - 1 PM	10 AM - 2 PM	10 AM - 1 PM	10 AM - 12 PM	10 AM - 12 PM	10 AM - 12 PM
Hours/Week	20	16	15	12	9	6	4	2 - 4

*You can choose any two days for twice-a-week practices

*Saturday practices are moving one hour earlier for all the levels except Levels 5, 4 and 3 during January and February 2019 only

*Mondays will be available FOR PRIVATE CLASSES ONLY from 4 to 6 PM during the basketball season – December – February

7% discount for a second child (sibling)

Capital Stars Recreational Schedule

CAPITAL STARS

Season 2019 - 2020 Recreational and pre-team classes optional schedule

Age division	3.5-4 y.o. Russian speakers	5 y.o. Second year Pre-team	5-6 y.o. Pre-team classes	7-10 y.o. Beginners*	11-13 y.o. Advanced beginners (prospective)	14-18 y.o. Intermediate Upon try-out results
Mon	-	-	-	-	-	-
Tue	-	-	6 - 8 PM	-	-	-
Wed	-	5 - 6:30 PM	-	-	5 - 7 PM	-
Thu	6 - 7 PM	-	6 - 8 PM	5 - 7 PM	-	-
Fri	-	-	-	-	5 - 7 PM	-
Sat	10 - 11 AM	10 - 11:30 AM	-	10 AM - 12 PM	10 AM - 12 PM	-
Hours/Week	1	1.5 - 3	2	2 - 4	2 - 4 - 6	3 - 6

*You can choose any day from your class net for once a week class/the class is on if 3+ participants are registered
7% discount for a second child (sibling)

Capital Stars Baltimore Schedule



Tuesday: 6:30 PM to 8:30 PM

Thursday: 6:30 PM to 8:30 PM