



ROPES & MATS 2023

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	ARRIVAL / FREE PLAY				
9:30	FLAG RAISING				
Period 1 9:50-10:25	CHEETAHS	BOBCATS	SEAGULLS	ALL STARS	PLAYLAND PRIDE
Period 2 10:25-11:00	BEARS	ROBINS	TIGERS	EXPLORERS	LEOPARDS
Period 3 11:00-11:35	LUNCH	SUPER SENIORS	CHOICE: PANTHERS NAVIGATORS TRAILBLAZERS	OWLS	BRONCOS
Period 4 11:35-12:10	BEAVERS	LUNCH	LUNCH	CHOICE: EXPLORERS MUSTANGS ALL STARS	LUNCH
Period 5 12:10-12:45	GRIZZLIES	JAGUARS	CHOICE: BADGERS COUGARS LEOPARDS SANDPIPERS	MUSTANGS	WOOD CHUCKS
Period 6 12:45-1:20	BENGALS	COYOTES	PORCUPINES	LUNCH	
Period 7 1:20-1:55	CHIPMUNKS	CARDINALS	COUGARS	SANDPIPERS	BLUE JAYS
Period 8 1:55-2:30	PANTHERS	TRAIL BLAZERS	BADGERS	NAVIGATORS	SUPER SENIORS
Period 9 2:30-3:05	ELECTIVE*	ELECTIVE*	ELECTIVE*	ELECTIVE*	ELECTIVE*
Period 10 3:05-3:40	PORCUPINES	ROAD RUNNERS	LIONS	EAGLES	RAVENS
3:40-4:00	FLAG LOWERING / DISMISSAL				

*PERIOD 9 IS THE ELECTIVE PERIOD. NAVIGATORS, PANTHERS, TRAILBLAZERS HAVE THE GYMNASTICS ELECTIVE WEEKS 1,3,5,7. EXPLORERS, MUSTANGS, ALL STARS HAVE THE GYMNASTICS ELECTIVE WEEKS 2,4,6.