



TEACHER TRAINING SAMPLE SCHEDULE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Course Start Date
						Zoom Call 1
WEEK 1						
					Warm-up Video Due	Zoom Call 2
WEEK 2						
					Week 2 Videos Due	Zoom Call 3 Receive Warm-up Feedback
WEEK 3						
					Week 3 Videos Due	Zoom Call 4 Receive Week 2 Feedback
WEEK 4						
					Week 4 Videos Due	Zoom Call 5 Receive Week 3 Feedback



TEACHER TRAINING SAMPLE SCHEDULE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 5					Week 5 Videos Due	Zoom Call 6 Receive Week 4 Feedback
WEEK 6					Week 6 Videos Due	Zoom Call 7 Receive Week 5 Feedback
WEEK 7					Week 7 Videos Due*	Zoom Call 8 Receive Week 6 Feedback
*Please ensure all requested refilms up to this point are submitted with your week 7 skills						
Course End Date						
WEEK 8		Receive Week 7 Feedback			Week 6 & 7 Refilms Due	Final deadline - all quizzes & make-up assignments
		Final Refilm Feedback Written Review				

ZOOM CALL OVERVIEW

Date	Class Focus	Apparatus requirements:
Zoom Call 1	Form and Function Part 1	Apparatus OR Pull-up bar*
Zoom Call 2	Form and Function Part 2	Apparatus OR Pull-up bar*
Zoom Call 3	Class Management & Teaching Practicum	Apparatus required
Zoom Call 4	Anatomy & Teaching Practicum	Apparatus required
Zoom Call 5	Safety & Teaching Practicum	Apparatus required
Zoom Call 6	Rigging & Creative Approach	Apparatus required
Zoom Call 7	Creative Approach	Apparatus required
Zoom Call 8	Discussion & Professional Development	No apparatus needed*

*No safety person required for Zoom calls 1, 2 & 8

**Zoom classes will include an instructor led warm-up & cool down anytime we are doing physical practice

VIDEO SUBMISSION PROCESS

Make sure you have booked enough time to complete your skills!

Studio Time

You will need to book studio time for your Video Submission Process for Weeks 2 through 8 of the course

Hours Per Week

Studio time will vary depending on what package you signed up for
Estimates are as follows:

Single Apparatus : 3 - 4 hours of studio time per week

Double Apparatus: 7 - 8 hours of studio time per week

Combo Course: 5 - 6 hours of studio time per week