



SITA

GROUP LESSON SCHEDULE 2023

JUNIOR PROGRAMME

CLASS	DAY	TIME	AGE	RATIO
TOTS	Wed	4:00-5:00pm • 2 Classes	4-5 yrs	Min. 3:1 Max. 5:1
	Sat	9:00-10:00am • 3 Classes 4:00-5:00pm 5:00-6:00pm		
	Sun	9:00-10:00am 4:00-5:00pm		
RED BEGINNER	Mon	5:00-6:00pm	5-7 yrs	Min. 3:1 Max. 5:1
	Tue	5:00-6:00pm		
	Thu	4:00-5:00pm		
	Sat	8:00-9:00am • 3 Classes 4:00-5:00pm • 2 Classes 5:00-6:00pm		
RED INTERMEDIATE	Sat	9:00-10:00am 5:00-6:00pm	5-7 yrs	Min. 3:1 Max. 5:1
	Sun	9:00-10:00am		
ORANGE BEGINNER	Mon	4:00-5:00pm	7-9 yrs	Min. 3:1 Max. 6:1
	Tue	5:00-6:00pm		
	Wed	5:00-6:00pm		
	Thu	4:00-5:00pm		
	Sat	8:00-9:00am • 2 Classes 5:00-6:00pm		
	Sun	8:00-9:00am		
ORANGE INTERMEDIATE	Mon	4:00-5:00pm	7-9 yrs	Min. 3:1 Max. 6:1
	Thu	4:00-5:00pm		
	Fri	5:00-6:00pm		

CLASS	DAY	TIME	AGE	RATIO
GREEN BEGINNER	Tue	5:00-6:00pm	8-10 yrs	Min. 3:1 Max. 6:1
	Wed	6:00-7:00pm • 2 Classes		
	Fri	4:00-5:00pm		
	Sat	8:00-9:00am 9:00-10:00am • 2 Classes 10:00-11:00am		
	Sun	9:00-10:30am		
GREEN INTERMEDIATE	Mon	7:30-8:30pm	8-10 yrs	Min. 3:1 Max. 6:1
	Wed	5:00-6:00pm		
	Fri	5:00-6:30pm • 2 Classes		
	Sat	10:00-11:30am 5:00-6:30pm		
	Sun	8:00-9:00am 10:00-11:00am		
YELLOW BEGINNER	Wed	5:00-6:00pm	11-16 yrs	Min. 3:1 Max. 6:1
YELLOW INTERMEDIATE	Mon	5:00-6:00pm 6:00-7:30pm	11-16 yrs	Min. 3:1 Max. 6:1
	Thu	5:00-6:00pm		
	Fri	6:30-8:00pm • 2 Classes		
	Sat	11:00-1:00pm		
YELLOW INTERMEDIATE U10	Sun	8:00-10:00am	Under 10 yrs	Min. 3:1 Max. 6:1
YELLOW ADVANCE	Mon	6:00-7:30pm	11-16 yrs	Min. 3:1 Max. 6:1
	Thu	6:00-7:30pm • 2 Classes		
	Fri	6:30-8:00pm		
	Sat	9:00-11:00am 10:00-12:00pm		
YELLOW PERFORMANCE 11-14	Sat	4:00-6:00pm	11-14yrs	Min. 3:1 Max. 6:1
	Sun	4:00-6:00pm • 2 Classes		
YELLOW PERFORMANCE 15+	Sun	11:00-1:00pm • 2 Classes	Over 15 yrs	Min. 3:1 Max. 6:1
HIGH PERFORMANCE U10/12	Mon	6:00-8:00pm	Under 12 yrs	Min. 3:1 Max. 6:1
	Tue	6:00-8:00pm		
	Fri	6:00-8:00pm		