



AEROBIC GYMNASTICS FIG INTERNATIONAL JUDGES' COURSE 2025



DAILY SCHEDULE

corrected 19.03.2025

DAY	TIME	ACTIVITIES
DAY 1	All Day	Arrival of Expert
DAY 2	All Day	Arrival of Participants / Expert venue inspection
DAY 3	08:45 – 09:00	Doors Opening, Accreditation for the course
	09:00 – 09:30	Official Opening, Roll Call, General Information
	09:30 – 10:30	CJP Lecture
	10:30 – 11:00	Coffee break
	11:00 – 12:30	CJP Practice Routines
	12:30 – 14:00	Lunch
	14:00 – 15:30	Difficulty Lecture
	15:30 – 16:00	Coffee break
DAY 4	16:00 – 17:30	Difficulty Lecture / Practice Routines
	09:00 – 10:00	Difficulty Practice Routines
	10:00 – 10:30	Coffee break
	10:30 – 12:00	Execution Lecture
	12:00 – 13:30	Lunch
	13:30 – 15:00	Execution Lecture / Practice Routines
	15:00 – 15:30	Coffee break
	15:30 – 17:00	Execution Practice Routines
DAY 5	09:00 – 10:30	Artistry Lecture
	10:30 – 11:00	Coffee break
	11:00 – 12:30	Artistry Lecture / Practice Routines
	12:00 – 13:30	Lunch
	13:30 – 15:00	Artistry Practice Routines
	15:00 – 15:30	Coffee break
	15:30 – 17:00	Summary / Q & A
DAY 6	09:00 – 09:20	Roll call / Examination Instruction – Group 1
	09:20 – 10:00	Mock Exam (DIFF / EXE / ART / CJP) – Group 1
	10:00 – 10:15	Break – Group 1 (without communication tools)
	10:15 – 10:55	GROUP 1 – EXAM; DIFFICULTY
	10:55 – 11:00	Short Break (preparation of EXE)
	11:00 – 11:35	GROUP 1 – EXAM; EXECUTION
	11:35 – 11:45	Short Break (preparation of ART / toilet time if necessary)
	11:45 – 12:20	GROUP 1 – EXAM; ARTISTRY
	12:20 – 12:25	Short Break (preparation of CJP)
	12:25 – 13:00	GROUP 1 – EXAM; CJP
	13:00 – 13:15	Group 1 assembles to exit the room together (Free afternoon and possible departure of participants of group 1)
	13:00 – 13:15	Group 2 assembles to enter the room together
	13:15 – 13:35	Roll call / Examination Instruction – Group 2
		Mock Exam (DIFF / EXE / ART / CJP) – Group 2



	13:35 – 14:15	Break – Group 2 (without communication tools)
	14:15 – 14:30	GROUP 2 – EXAM; DIFFICULTY
	14:30 – 15:10	Short Break (preparation of EXE)
	15:10 – 15:15	GROUP 2 – EXAM; EXECUTION
	15:15 – 15:50	Short Break (preparation of ART / toilet time-if necessary)
	15:50 – 16:00	GROUP 2 – EXAM; ARTISTRY
	16:00 – 16:35	Short Break (preparation of CJP)
	16:35 – 16:40	GROUP 2 – EXAM; CJP
	16:40 – 17:15	End of the course - possible departure of participants
	17:15	
DAY 7	All day	Official departure of participants / experts

Lausanne. 19.03 2025

