



AEROBIC GYMNASTICS FIG INTERNATIONAL JUDGES' COURSE 2025



DAILY SCHEDULE

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
	16:00 – 17:30	Difficulty Lecture / Practice Routines
DAY 4	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	09:30 – 09:50	Roll call / Examination Instruction
	09:50 – 10:30	Mock Exam (DIFF / EXE / ART / CJP)
	10:30 – 11:00	Break
	11:00 – 11:40	EXAM; DIFFICULTY
	11:40 – 11:45	Short Break (preparation of EXE)
	11:45 – 12:20	EXAM; EXECUTION
	12:20 – 12:35	Short Break (preparation of ART / toilet time if necessary)
	12:35 – 13:10	EXAM; ARTISTRY
	13:10 – 13:15	Short Break (preparation of CJP)
	13:15 – 13:50	EXAM; CJP
	14:00	End of the course - possible departure of participants
DAY 7	All day	Departure of Participants / Experts

Lausanne. 13 January 2025

