



2025 Chow's Winter Classic

1/12/2025: 2 Schedule Changes – Added Special Olympics Exhibition & ONLY 1 Level 10 Session

FRIDAY, JANUARY 17, 2025

WHITE GYM

Session 1 W -- Xcel Bronze

Open Stretch 8:15 AM
 Introduction 8:30 AM Burlington Y, CVGA, GK, MEGA,
 Competition 8:40 AM Mid Iowa, NCIG, Pella, Salute
 Awards 10:30 AM

Session 2 W -- Xcel Silver (01)

Open Stretch 10:45 AM
 Introduction 11:00 AM AGA, Burlington Y, Chow's, GK,
 Competition 11:10 AM MEGA, NCIG, Northwest, Pella,
 Awards 1:55 PM Salute

Session 3 W -- Xcel Silver (02)

Open Stretch 2:10 PM
 Introduction 2:25 PM Black Hawk, CVGA,
 Competition 2:35 PM Emerge Academy, Mid Iowa,
 Awards 5:20 PM Synergy

Session 4 W -- Level 3

Open Stretch 5:35 PM
 Introduction 5:50 PM Black Hawk, CVGA,
 Competition 6:00 PM Emerge Academy, NCIG, OC
 Awards 8:05 PM

RED GYM

Session 1 R -- Levels 4 & 5

Open Stretch 8:00 AM
 Introduction 8:15 AM Black Hawk, Chow's, CVGA,
 Competition 8:25 AM Emerge Academy, NCIG, OC
 Awards 10:50 AM

Session 2 R -- Level 7

Open Stretch 11:05 AM Chow's, CVGA, Emerge Academy,
 Introduction 11:20 AM Helix, IGM, Legacy Elite, Mercury,
 Competition 11:30 AM OC, OGA, NCIG, North Crest,
 Awards 2:05 PM SUCCESS

Session 3 R -- Level 6

Open Stretch 2:20 PM
 Introduction 2:35 PM Black Hawk, Chow's, CVGA, Emerge
 Competition 2:45 PM Academy, Helix, IGM, Legacy Elite,
 Awards 5:20 PM North Crest, OC, OGA, SUCCESS

Session 4 R -- Level 9

Open Stretch 5:35 PM Chow's, CVGA, Emerge Academy,
 Introduction 5:55 PM IGM, Legacy Elite, Mercury,
 Competition 6:05 PM North Bay, North Crest, OC, OGA,
 Awards 8:50 PM Prestige, SUCCESS, Synergy, TCT

SATURDAY, JANUARY 18, 2025

WHITE GYM

Session 5 W -- Xcel Gold (01)

Open Stretch 8:00 AM
 Introduction 8:15 AM Black Hawk, Chow's,
 Competition 8:25 AM Emerge Academy, GK, Northwest,
 Awards 11:00 AM Salute

Session 6 W -- Xcel Diamond & Sapphire

Open Stretch 11:15 AM
 Introduction 11:35 AM AGA, Black Hawk, Chow's,
 Competition 11:45 AM Emerge Academy, GK, In Motion,
 Awards 2:00 PM Mid Iowa, North Crest, Northwest,
 SUCCESS, Salute, Synergy

Special Olympics Exhibition

2:00 PM - 2:30 PM
*Presentation of Routines from Gymnasts
 Who Train at Chow's Gymnastics*

Session 7 W -- Xcel Platinum

Open Stretch 2:30 PM Chow's, CVGA, Emerge Academy,
 Introduction 2:45 PM GK, MEGA, Mid Iowa, North Crest,
 Competition 2:55 PM Northwest, Salute, SUCCESS,
 Awards 5:45 PM Synergy, Transform Academy

RED GYM

Session 5 R -- Xcel Gold (02)

Open Stretch 8:00 AM
 Introduction 8:15 AM AGA, Burlington Y, CVGA, MEGA,
 Competition 8:25 AM Mid Iowa, SUCCESS, Synergy
 Awards 11:00 AM

Session 6 R -- Level 8

Open Stretch 11:15 AM Black Hawk, Chow's, CVGA,
 Introduction 11:35 AM Emerge Academy, Helix, IGM,
 Competition 11:45 AM Legacy Elite, Mercury, North Bay,
 Awards 2:15 PM North Crest, OC, OGA, Prestige,
 Synergy, Transform Academy

Session 7 R -- Level 10

Open Stretch 2:30 PM Chow's, Emerge Academy, Helix,
 Introduction 2:50 PM IGM, Legacy Elite, Mercury Gym,
 Competition 3:00 PM North Bay, OC, OGA, Prestige,
 Awards 6:00 PM SUCCESS, TCT