

Trager[®] Program Schedule

Wk	Dates 2016-2017	Friday	Saturday	Sunday
1	10/7-9	Level 1		
2	10/14-16	Level 1		
3	10/21-23	Level 1		
4	10/28-30	Level 1	Level 1	Level 1
5	11/4-6	Level 1		
6	11/11-13	Level 1		
7	11/18-20	Level 1	Level 1	Level 1
8	11/25-27	*****Thanksgiving Weekend*****		
9	12/2-4	Level 1		
10	12/9-11	Level 1	Level 1	
11	12/16-18	Level 1		
12	12/23-25	*****Winter Holiday Break*****		
13	12/30-/1-1			
14	1/6-8	Level 2		
15	1/13-15	Level 2	Level 2	Level 2
16	1/20-22	Level 2		
17	1/27-29	Level 2		
18	2/3-5	Level 2	Level 2	
19	2/10-12	Level 2		
20	2/17-19	Level 2	*****President's Day Weekend*****	
21	2/24-26	Level 2		
22	3/ 3-5	Level 2	Level 2	
23	3/10-12	*****Between Levels Break*****		
24	3/17-19			
25	3/24-26	Level 3		
26	3/31-4/2	Level 3	Level 3	
27	4/7-9	Level 3		
28	4/14-16	Level 3		Easter
29	4/21-23	Level 3		
30	4/28-30	Level 3	Level 3	
31	5/5-7	Level 3		
32	5/12-14	Level 3		Mother's day
33	5/19-21	Level 3	Level 3	Level 3