

Gym Schedule (September '11 - May '12)

CLASS	X's	Full Sess. 7 Weeks	MON	TUE	WED	THU	FRI	SAT
CO-ED INTRODUCTORY GYMNASTICS CLASSES								
Explorers parent & tot- 1.5-3 yrs	1x/Wk 2x/Wk	\$70 \$103	5:00-5:30 pm		7:00-7:30 pm	6:00-6:30 pm		
Tiny Tigers 3-4 yrs	1x/Wk 2x/Wk	\$96 \$142	5:30-6:30 pm	6:00-7:00 pm	6:30-7:30 pm	6:30-7:30 pm		12:15-1:15pm
Little Lions 5-6 yrs	1x/Wk 2x/Wk	\$105 \$155	6:30-7:45 pm	7:00-8:15 pm	5:15-6:30 pm			11:00-12:15 pm
Thundercats 2-6 yrs & coach permission	1x/wk	\$123		5:00-6:30 pm				
WOMEN'S PREPARATORY & COMPETITIVE TRACK GYMNASTICS CLASSES								
Beginners 1 & 2 age 7 and up	1x/Wk 2x/Wk	\$123 \$182	5:00-6:30 pm	6:30-8:00 pm	7:30-9:00 pm	5:30-7:00 pm		9:00-10:30 am
Intermediates 1 & 2 age 7 and up	1x/Wk 2x/Wk	\$123 \$182	6:30-8:00 pm			7:30-9:00 pm		10:30-noon
Women's Pre-Team 4yr+ & coach permission	2x/Wk	\$158	5:00-6:30 pm		5:00-6:30 pm			
WOMEN'S GYMNASTICS TEAM								
Level 3	3x/Wk	call	6:30-8:30 pm		6:30-8:30pm			noon-2:00 pm
Level 4	3x/Wk	call		5:00-8:30 pm		5:00-8:30 pm		9:00-noon
Level 5	3x/Wk	call			5:00-8:30 pm	5:00-8:30 pm		8:00-noon
Prep. Opt. Bronze	3x/Wk	call	5:00-8:30 pm		5:00-8:30 pm			9:00-noon
Prep. Opt. Silver	3x/Wk	call		5:00-8:30 pm		5:00-8:30 pm		8:00-noon
Level 6/P.O.G.	3x/Wk	call		5:00-9:00 pm		5:00-9:00 pm		8:00-noon
Levels 7-10	4x/Wk	call	5:00-9:00 pm		5:00-9:00 pm	5:00-9:00 pm		8:00-noon
MEN'S PREPARATORY & COMPETITIVE TRACK GYMNASTICS CLASSES								
Beginner/Intermediate age 7 and up	1x/Wk 2x/Wk	\$123 --		6:00-7:30 pm		5:30-7:00 pm		10:30-noon
Men's Pre-Team 5+ & coach permission	2x/wk	\$158	6:00-7:30 pm		6:00-7:30 pm			
MEN'S GYMNASTICS TEAM								
Level 4	3x/Wk	call	4:30-6:30 pm			4:30-6:30 pm		noon-2:00 pm
Level 5,6, & 7	3x/Wk	call	6:00-9:00 pm			6:00-9:00 pm		9:00-noon
Levels 8-10	3x/Wk	call	5:00-9:00 pm			5:00-9:00 pm		8:00-noon
CO-ED TUMBLING CLASSES								
Beginner Tumbling	1x/Wk 2x/Wk	\$96 \$142	6:30-7:30 pm		6:30-7:30 pm			11:00-noon
Intermed. Tumbling	1x/Wk 2x/Wk	\$105 \$155		7:00-8:15 pm		5:45-7:00 pm		
Parkour	1x/Wk	\$85		7:30-9:00 pm				
CO-ED COMPETITIVE CHEER SQUAD								
Mini Cheer Squad (3-8)	2x/Wk	\$65/mth		5:00-6:30pm	5:00-6:30pm			
Jr. Cheer (9-13)	3x/Wk	\$100/mth		5:00-7:00pm	5:00-7:00pm			9:00-11:00am
ADDITIONAL OFFERINGS (see front desk to schedule birthday parties/private lessons)								
Open Gym- also open to non-members		\$7 \$5 on Sat.	7:30-9:00 pm		7:30-9:00 pm			noon-1:00 pm