

# S U M M E R G Y M N A S T I C S 2 0 1 8

My Grown Up & Me (Ages 18 mo. – 3 years)	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
						8:30 – 9:15am
<b>PreK &amp; KinderGym</b> (Ages 3-6)	4:15–5:00pm	11:45am–12:30	10:00–10:45am	4:45 – 5:30pm		9:15-10:00am
<b>Adapted Gymnastics</b> <small>For Children With Special Needs</small>	Please contact us for information about upcoming <b>Summer Camps!</b>					11:30am-12:15 <small>7/7/18 thru 8/11/18</small>
<b>GYMNASTICS</b>						
Beginner (LI)	5:00-6:00pm	10:45-11:45am	9:00-10:00am 6:30-7:30pm		4:30–5:30pm <small>*advanced</small>	9:15–10:15am
Intermediate (LII)		9:30–10:45am	10:45-Noon 5:15-6:30	5:30–7:00pm		10:15–11:30am
Intermediate (LIII)			3:45 – 5:15pm	7:00-8:30pm		
<small>*2x per week recommended for Intermediate level III /IV</small>						
<b>Tumbling Classes</b>						
Beginner			7:30 – 8:15pm		4:30–5:15pm	
Intermediate	6:15 -7:00pm		7:30 – 8:15pm			10:15–11:00am
Advanced			8:15 – 9:00pm			
<b>Boys: Tumbling, Strength &amp; Agility</b> (Ages 5-9)  <small>*Ages 9 &amp; up inquire for class availability</small>		10:45-11:45am	9:00-10:00am 6:30-7:30pm			
<b>OPEN GYM</b>	7:00 – 9:00pm <small>TEAM KIDS ONLY!</small>		Noon – 1:30pm <small>GROWN UP &amp; AGES 2-5</small>		5:30– 7:30pm <small>(ages 7-17)</small>	

**ASK US ABOUT Competitive Gymnastics (USAG JO, XCEL & WPIAL Team Programs Available)**

**SUMMER OPEN GYM: Fridays 5:30- 7:30pm \$10** ★ **TEAM OPEN GYM: Mondays 7:00 – 9:00pm**  
KIDS OPEN GYM held every Friday: June 15th to August 10<sup>th</sup> (ages 7-17)     TEAM OPEN GYM held every Monday: June 17<sup>th</sup> to August 6<sup>th</sup>

**Private & Semi-Private Lessons Available! CAMPS & CLINICS AVAILABLE – ASK US!**

## All-Star Athletics & Gymnastics

★ **Ongoing Registration** ★ **Free Trial Lessons Available** ★

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**SUMMER GYM: Tuesday, June 12<sup>th</sup> – Monday, August 13<sup>th</sup>** ★ **GYM CLOSED/OFF DAYS: July 4<sup>th</sup>**

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[www.allstarathleticsandgym.com](http://www.allstarathleticsandgym.com)

**FALL CLASSES  
BEGIN AUGUST 23, 2018**

