

ALL-STAR ATHLETICS & GYMNASTICS

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
My Grown Up & Me (Ages 18 mo. – 3 years)		11:00–11:45am				8:30 – 9:15am
PreK & KinderGym (Ages 3-6)	4:15–5:00pm	Noon-12:45		5:00–5:45pm		9:15 –10:00am 10:15– 11:00am
Adapted Gymnastics For Children With Special Needs	WE OFFER SUMMER CAMPS!					8 & under: 3:00 – 3:45pm 9 & Over: 4:00 – 4:45pm
GYMNASTICS Beginner (L1) <small>* evaluation required for ADV BEGINNER</small>	5:00-6:00pm	1:00-2:00pm	5:30-6:30pm 6:30-7:30pm	4:00–5:00pm	4:30 – 5:30pm* 5:15 - 6:15pm	9:15-10:15am 12:15 -1:15pm* 1:15 – 2:15pm
GYMNASTICS Intermediate (L2)			5:15-6:30pm	5:45-7:00pm	6:15-7:30pm	10:15-11:30am
Intermediate (L3/4) <small>* 2x per week recommended for Intermediate L3/L4</small>			4:00-5:30pm	7:00-8:30pm		11:30-1:00pm
TUMBLING Beginner Intermediate Advanced			7:30 – 8:15pm 7:30 – 8:15pm 8:15 – 9:00pm		4:30 – 5:15pm	2:15 – 3:00pm 11:30–12:15pm
OPEN GYM <small>Waiver Required*No Pre-Registration Walk-Ins Welcome!</small>		9:30-11:00am (\$8; Ages 2-6)			12:30– 2pm (\$8; Ages 2-6) 7:30–9:30pm \$10; Ages 7-17	SUPER SAURDAY! 7:00 – 9:00pm (\$12; ages 7 -17) <small>OPEN GYM, GAMES, SNACK & DRINK</small> EVERY OTHER WEEK BEGINS 9/8/2018
Boys FLIP! Tumbling, Strength & Agility (Ages 5-9) <small>*Boys ages 10 & up call for info!</small>			6:30–7:30pm			1:15 – 2:15pm
HOMESCHOOL FIT & FLIP					11:15– 12:30pm (Grades 2-8) <small>CALL FOR SESSION DATES!</small>	
WEEKLY OPEN GYM * PRIVATE LESSONS * SUPER SATURDAY! * BIRTHDAY PARTIES * FIELD TRIPS * CLINICS						
USAG J.O. & XCEL * COMPETITIVE GYMNASTICS * WPIAL						

SEMESTER ONE: 8/22/18 - 11/19/18 * Scheduled Off Days = 8/31/18 thru 9/3/18, 10/31/18 thru 11/1/18 AND 11/20/18 thru 11/25/18

SEMESTER TWO: 11/26/18 - 3/3/19 * Scheduled Off Days = 12/21/18 thru 1/3/19

SEMESTER THREE: 3/6/18 - 6/3/19 * Scheduled Off Days = 4/18/19 thru 4/24/19 and 5/27/19

*NOTE: SEMESTER OFF DAYS ARE SCHEDULED HOLIDAYS AND DO NOT AFFECT 12-WEEK SEMESTER

Ongoing Registration ★ **Free Trial Lessons Available**

412.788.2100

www.allstarathleticsandgym.com



USA GYMNASTICS.



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YOGA	INTERESTED IN TAKING A CLASS OR PRIVATE LESSON? LET US KNOW! SESSION DATES TBA					
ADULT GYMNASTICS All Levels of Experience Welcome! (Ages 18 – 99)			CALL US FOR AVAILABILITY!			
HIP HOP FITNESS Combine DANCE and CARDIO for a great workout! NO Dance Experience Needed!			Ages 6-10 4:30 – 5:15pm Adults 18 & Up 8:00 – 9:00pm			
BABY & ME FITNESS Bond with Baby while buiding strength, flexibility & cardio TOWEL, SNEAKERS, BABY SLING				9:00 – 10:00am		
DANCE FOR GYMNASTS Learn and improve DANCE, LEAPS, JUMPS and TURNS for gymnastics & a great way to get ready for TEAM!			6:00 – 6:30pm (L1) 6:30 – 7:00pm (L2)			1:00 – 1:30pm (L3/4)
BIRTHDAY PARTIES Celebrate With Us!						CELEBRATE WITH US! CALL TO SCHEDULE YOUR EVENT! SAT 5:00 -7:00pm SUN Noon – 2pm
NEW PROGRAM! NINJA KIDS Improve overall athleticism! Gymnastics-based NINJA workout includes climbing, balancing, obstacle courses and exercises that increase agility, strength, balance, and flexibility. Excellent workout for young athletes in youth sports! (Coed Class: Ages 7-11)						6:00 – 7:00pm BEGINS 10/13/18!

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