



**ONGOING REGISTRATION & FREE TRIAL LESSON AVAILABLE**

**CHOOSE YOUR CLASSES**  
WE OFFER A VARIETY OF CLASSES FOR ALL SKILL LEVELS & AGES

**CHOOSE YOUR SCHEDULE**  
SELECT THE NUMBER OF DAYS YOU WANT TO ATTEND EACH CLASS PER WEEK

**CHOOSE YOUR ENROLLMENT**  
STANDARD - PREMIUM - ULTIMATE  
SEE OFFICE FOR DETAILS

**RECREATION SCHEDULE 2019-2020**

**SEASON SCHEDULE:** AUGUST 22, 2019 - JUNE 1, 2020 **GYM HOLIDAYS:** 8/30-9/2, 11/26-11/30, 12/20-1/2, 4/8-4/14, 5/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYMNASTICS CLASSES</b>							
<b>GROWN UP &amp; ME</b> <small>AGES 18 MONTHS - 3 YEARS</small>		11:00-11:45				8:30-9:15	
<b>PRE K &amp; KINDER GYM</b> <small>AGES 3 - 6</small>	4:15-5:00	12:00-12:45		5:00-5:45		9:15-10:00 10:15-11:00	
<b>BEGINNER GYMNASTICS</b> <small>*ADVANCED BEGINNER*</small>	5:00-6:00	1:00-2:00	5:30-6:30 6:30-7:30	4:00-5:00	4:30-5:30* 5:15-6:15	9:15-10:15 12:15-1:15* 1:15-2:15	
<b>INTERMEDIATE GYMNASTICS</b>			5:15-6:30	5:45-7:00	6:15-7:30	10:15-11:30	
<b>ADVANCED GYMNASTICS</b> <small>*2X PER WEEK RECOMMENDED</small>		7:00-8:30	4:00-5:30	7:00-8:30		11:30-1:00	
<b>PRE-TEAM</b>	6:00-7:30 <small>(INVITE ONLY)</small>			5:30-7:00 <small>(INVITE ONLY)</small>			
<b>TUMBLING CLASSES</b>							
<b>BEGINNER TUMBLING</b>			7:30-8:15		4:30-5:15	2:15-3:00	
<b>INTERMEDIATE TUMBLING</b>			7:30-8:15			11:30-12:15	
<b>ADVANCED TUMBLING</b>		5:00-5:45	8:15-9:00				
<b>CHEER TUMBLING</b>	<b>PRIVATE, SEMI-PRIVATE &amp; SQUAD LESSONS AVAILABLE!</b> CONTACT THE OFFICE FOR MORE INFORMATION!						1:00-1:45 <small>*BEGINNER</small> 1:45-2:30 <small>*INTERMEDIATE</small>
<b>ADAPTED GYMNASTICS</b> <small>FOR CHILDREN WITH SPECIAL NEEDS</small>	<b>ASK US ABOUT OUR 2020 SUMMER CAMPS!</b> CAMP WEEKS AVAILABLE JUNE, JULY & AUGUST					4:00-4:45	
<b>BOYS FLIP</b>			6:30-7:30 <small>(AGES 5-9)</small>			1:15-2:15 <small>(AGES 5-9)</small>	
<b>NINJA KIDS</b> <small>COED CLASS: AGES 6-10</small>							12:00-1:00
<b>OPEN GYM</b> <small>BEGINS ON 8/23/19 AND ENDS ON 5/30/20 *WAIVER REQUIRED; WALK INS WELCOME!</small>			10:00-11:30 <small>GROWN UP &amp; CHILD (AGES 2-6)</small>		12:30-2:00 <small>GROWN UP &amp; CHILD (AGES 2-6)</small> 7:30-9:30 <small>(AGES 7-17)</small>		4:00-6:00 <small>TEAM KIDS ONLY!</small>
<b>SUPER SATURDAY</b>						6:00-9:00 <small>(AGES 7-17)</small>	
<b>ADULT GYMNASTICS</b>			8:00-9:00				
<b>HOMESCHOOL FIT &amp; FLIP</b>					11:15-12:30 <small>(GRADES 2-8)</small>		
<b>DANCE FOR GYMNASTICS</b>			6:30-7:15				

**ADDITIONAL OFFERINGS:** PRIVATE LESSONS - BIRTHDAY PARTIES - SKILL CLINICS - FIELD TRIPS - SPECIAL EVENTS