

Mommy and Me Gymnastics

Take this time to interact with your child in a physical setting - increasing gross and fine motor skills, and having fun too! From 1 - 2 years, we suggest the Unstructured classes. From 2-3 years, Structured.

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|-----------------------|-------------|
| Wednesday (Unstruc.) | 11:30-12:15 |
| Thursday (Structured) | 9:30-10:15 |
| Saturday (Structured) | 9:00-9:45 |

3-4 Year Old Preschool Gymnastics

Develop strength, flexibility, independence, and basic gymnastics in these fun classes!

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|-----------|-------------|
| Monday | 10:30-11:15 |
| Tuesday | 9:30-10:15 |
| Tuesday | 2:15-3:00 |
| Wednesday | 10:30-11:15 |
| Thursday | 3:00-3:45 |
| Saturday | 9:00-9:45 |

4-5 Year Old Preschool Gymnastics

A little more advanced than a 3-4 Year Old class, yet still a fun way to learn basic gymnastics!

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| Monday | 11:30-12:15 |
| Tuesday | 10:15-11:00 |
| Tuesday | 2:15-3:00 |
| Wednesday | 9:30-10:15 |
| Thursday | 10:30-11:15 |
| Thursday | 3:00-3:45 |
| Saturday | 10:00-10:45 |

5-7 Year Old Recreational Gymnastics

Our most popular classes - basic gymnastics, including all of the Olympic Equipment, are designed to give a great foundation for years of gymnastics to come.

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| Beginners | Monday | 4:00-5:00 |
| | Tuesday(K Only) | 1:00-2:00 |
| | Tuesday | 4:45-5:45 |
| | Wednesday | 3:45-4:45 |
| | Wednesday | 4:45-5:45 |
| Intermediate | Thursday(K Only) | 9:30-10:30 |
| | Saturday | 11:00-12:00 |
| | Monday | 5:00-6:00 |
| | Wednesday | 3:45-4:45 |
| | Thursday | 4:00-5:00 |

All Stars Teams

The finest gymnasts from our Recreational programs are All Stars. With several practices a week, and meets at the end of each session, this Invitation Only program leads fluidly into the P.R.E.P. Opt Team.

7-10 Year Old Recreational Gymnastics

Fitness, discipline, focus, self-esteem, and the fun of gymnastics all wrapped into classes for Beginners, Intermediates, and Advanced gymnasts. Evaluation necessary for Intermediate and Advanced classes.

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|--------------|-----------|------------|
| Beginners | Tuesday | 3:45-4:45 |
| | Wednesday | 3:45-4:45 |
| | Wednesday | 6:00-7:00 |
| | Friday | 4:00-5:00 |
| | Saturday | 12:30-1:30 |
| Intermediate | Tuesday | 5:45-6:45 |
| | Wednesday | 3:45-4:45 |
| | Wednesday | 6:00-7:00 |
| | Friday | 5:00-6:00 |
| | Saturday | 1:30-2:30 |
| Advanced | Monday | 6:00-7:15 |
| | Wednesday | 6:00-7:15 |

10-15 Year Old Recreational Gymnastics

This self-paced class is perfect for gymnasts of all ages who would like to continue to improve their skills. Many gymnasts, including our All Stars, come twice a week.

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| Tuesday | 7:00-8:30 |
| Thursday | 7:00-8:30 |

Boys' Gymnastics Classes

Specific to the Mens' Olympic equipment, these classes are for BOYS ONLY!

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| 5-8 Yrs | Wednesday | 4:45-5:45 |
| | Friday | 3:45-4:45 |
| 8-11 Yrs | Friday | 4:30-5:45 |

Soccer Fundamentals

Prepare for the upcoming season in our Indoor Facility. Includes ballwork, footwork, agility, passing, shooting, and goaltending.

Classes are offered for the following age groups:
4-5 Years
6-7 Years
U9 (8-9 Years)

Class types are:
Fundamentals of the Game
Mini-Boot Camp
Games Club

See **SOCCER SCHEDULE** for details.

Cheer/Tumbling

Foam Pits, Tumble Traks, Spring Floors, top training aids, and a world-class staff can help you learn those cheer stunts quickly and safely!

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|---------------|-----------|-----------|
| 5-10 Yrs | Wednesday | 4:45-5:30 |
| 10 Yrs and up | Friday | 3:00-3:45 |

