

CLASSES		MON	TUE	WED	THU	FRI	SAT	SUN
RECREATIONAL	AGE CATEGORIES							
Yoga For Kids and Life Skills						5:00-5:45pm		
Rebound Therapy								TBA
Daytime classes NEW!			2:00-2:50 (3-5yrs)		2:00-2:50 (4-6yrs)			
Ptot	18 mths - 3 yrs			4:30-5:15			9:00-9:45am 11:00-11:45am	
Pre-school	3yrs-4 yrs	5:00-5:50		4:30-5:20			9:00-9:50am	
Juniors	5yrs - 6 yrs	6:00-6:50		5:30-6:20	4:30-5:20, 5:30-6:20		10:00-10:50am	
Juniors	7yrs -9 yrs	6:00-6:50	6:30-7:20	5:30-6:20	5:30 - 6:20 6:30-7:20		10:00-10:50am, 11:00-11:50am	
Boys	7yrs-12yrs		5:30-6:20				10:00 - 10:50am	
Seniors	10-12 yrs			6:30-7:50			11:00-12:20am	
Open Gym NEW! To register for Open Gym, members must buy a 5-visit pass to be used within 60 days. NO DROP-INS						6:00-7:30pm (Ages 7-12 yrs) 7:30-9:00pm (Ages 13+ yrs)		
Team Sport Conditioning <i>(Call for info)</i> NEW!			7:30-9:00					
TUMBLING								
Tumbling and Trampoline	7-10 yrs	5:00-5:50						
TRAMPOLINE								
Level 1 or age appropriate	7-10 yrs	6:00-6:50		6:00-6:50				
Level 2 or age appropriate	11-15 yrs	7:00-8:20		7:00-8:20				
COMPETITIVE (By evaluation only)								
Developmental (3 hrs/week)	5yrs - 6 yrs		3:30-5:00		3:30-5:00			
Pre-competitve (6-9 hrs/week)	7-8 yrs		3:30-6:30		3:30-6:30			3:30-6:30
Team (12 hrs/week)	8+ yrs		3:30-7:30		3:30-7:30			3:30-7:30

If you are interested in having your child try-out for the comeptitive program. Call us to set up a time to talk with a coach.