



**ONGOING REGISTRATION & FREE TRIAL LESSON AVAILABLE**

# RECREATION SCHEDULE 2022-2023

**SEASON SCHEDULE:** AUGUST 29, 2022-MAY 27, 2023  
**GYM HOLIDAYS:** 9/5-9/9, 10/29-10/31, 11/24-11/30, 12/15-1/3, 4/5-4/9

	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; KINDERGYM</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 *6:00-7:00*	1:00-2:00	5:30-6:30 6:30-7:30	4:45-5:45 6:00-7:00	*4:30-5:30* 5:15-6:15	9:15-10:15 12:15-1:15	
<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>			4:00-5:30	7:00-8:30		11:30-1:00	
<b>TUMBLING CLASSES</b>							
<b>BEGINNER TUMBLING</b>			7:30-8:15		4:30-5:15	1:15-2:00	
<b>INTERMEDIATE TUMBLING</b>			7:30-8:15			11:30-12:15	
<b>ADVANCED TUMBLING</b>			7:30-8:15	7:00-7:45			
<b>CHEER TUMBLING</b>	<b>PRIVATE, SEMI-PRIVATE &amp; SQUAD LESSONS AVAILABLE!</b> CONTACT THE OFFICE FOR MORE INFORMATION!				4:30-5:15 *BEGINNER 5:30-6:15 *INTERMEDIATE		
<b>ADAPTED GYMNASTICS</b> <small>FOR CHILDREN WITH SPECIAL NEEDS</small>	6:15-7:00	<b>ASK US ABOUT OUR 2022 SUMMER CAMPS!</b> CAMP WEEKS AVAILABLE JUNE, JULY & AUGUST				2:30-3:15	
<b>BOYS FLIP</b>		1:00-2:00 <small>(AGES 4-6)</small>	6:30-7:30 <small>(AGES 5-9)</small>			12:15-1:15 <small>(AGES 5-9)</small>	
<b>NINJA KIDS</b> <small>CO-ED CLASS: AGES 6-10</small>						1:15-2:15	
<b>OPEN GYM</b> <small>SCHOOL YEAR HOURS BEGIN ON 8/31/22 AND END ON 5/26/23 <u>Limited Availability: Pre-Registration Required</u></small>			10:00-11:30 <small>(GROWN UP &amp; CHILD AGES 2-6) 8:00-9:00 <small>(ADULT 18 &amp; UP)</small></small>		7:30-9:30 <small>(AGES 7-17)</small>		
<b>SUPER SATURDAY</b>						3:30-6:30 <small>(AGES 7-17)</small>	
<b>ADULT GYMNASTICS</b>			8:15-9:00				
<b>HOMESCHOOL FIT &amp; FLIP</b>		10:00-11:00 <small>(GRADES 2-8)</small>					
<b>TEAM PREP</b>		4:30-6:00 6:00-7:30					

CELEBRATE WITH US!  
**BIRTHDAY PARTIES**  
 AVAILABLE SATURDAYS & SUNDAYS  
**CONTACT US TODAY!**  
 DATES FILL QUICKLY!

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



1001 Parkway View Drive, Building 10 • Pittsburgh, Pennsylvania 15205 • 412.788.2100

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