



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



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