



ONGOING REGISTRATION & FREE TRIAL LESSON AVAILABLE

S U M M E R G Y M N A S T I C S 2 0 2 3

SUMMER SCHEDULE: JUNE 1, 2023 - AUGUST 28, 2023

GYM HOLIDAY: JUNE 29 - JULY 4

	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	10:00-10:45	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	9:00-10:00 6:30-7:30	4:45-5:45	*4:00-5:00*	9:15-10:15 12:15-1:15	
INTERMEDIATE GYMNASTICS			10:45-12:00 5:15-6:30	5:45-7:00	4:15-5:30	10:15-11:30	
ADVANCED GYMNASTICS <small>*2X PER WEEK RECOMMENDED</small>			3:45-5:15	7:00-8:30			
TUMBLING CLASSES							
BEGINNER TUMBLING			7:30-8:15		4:15-5:00	12:30-1:15	
INTERMEDIATE TUMBLING			7:30-8:15			11:00-11:45	
ADVANCED TUMBLING			4:30-5:15 7:30-8:15	7:00-7:45			
CHEER TUMBLING	PRIVATE, SEMI-PRIVATE & SQUAD LESSONS AVAILABLE! CONTACT THE OFFICE FOR MORE INFORMATION!				4:15-5:00 <small>*BEGINNER</small>		
ADAPTED GYMNASTICS <small>FOR CHILDREN WITH SPECIAL NEEDS</small>	3:00-4:30 *BEGINS 7/10*	ASK US ABOUT OUR 2023 SUMMER CAMPS! CAMP WEEKS AVAILABLE JUNE, JULY & AUGUST				11:45-12:30	
BOYS FLIP		1:00-2:00 <small>(AGES 5-9)</small>	6:30-7:30 <small>(AGES 5-9)</small>			9:15-10:15 <small>(AGES 5-9)</small>	
NINJA KIDS <small>CO-ED CLASS: AGES 6-10</small>						12:30-1:30	
OPEN GYM <small>SUMMER HOURS BEGIN ON 6/12/23 AND END ON 8/14/23 <u>Limited Availability; Pre-Registration Required</u></small>	7:00-9:00 <small>(AGES 7-17)</small>		12:00-1:30 <small>(GROWN UP & CHILD AGES 2-6)</small> 8:00-9:00 <small>(ADULT 18 & UP)</small>		5:30-7:30 <small>(AGES 7-17)</small>		
SUPER SATURDAY						3:30-6:30 <small>(AGES 7-17)</small> <small>*CALL FOR AVAILABILITY*</small>	
ADULT GYMNASTICS			8:15-9:00			<small>CELEBRATE WITH US!</small> BIRTHDAY PARTIES <small>AVAILABLE SATURDAYS & SUNDAYS</small> CONTACT US TODAY! <small>DATES FILL QUICKLY!</small>	
HOMESCHOOL FIT & FLIP		3:00-4:00 <small>(GRADES 2-8)</small>					
TEAM PREP		4:30-6:00 6:00-7:30					

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



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