



ONGOING REGISTRATION & FREE TRIAL LESSON AVAILABLE

RECREATION SCHEDULE 2023-2024

SEASON SCHEDULE: SEPTEMBER 5, 2023-MAY 28, 2024

GYM HOLIDAYS: 10/29-10/31, 11/22-11/26, 12/15-12/17, 12/24-1/3, 2/28, 3/29-4/2, 5/27

	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	4:45-5:30	5:00-5:45		9:15-10:00 12:15-1:00	
BEGINNER GYMNASTICS <small>* ADVANCED BEGINNER *</small>	*5:00-6:00*	1:00-2:00	5:30-6:30 6:30-7:30	6:00-7:00	5:15-6:15	9:15-10:15 1:15-2:15	
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	6:00-6:45				4:30-5:15	1:15-2:00	
INTERMEDIATE TUMBLING	6:45-7:30		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 <small>*BEGINNER</small> 5:15-6:00 <small>*INTERMEDIATE</small>		
ADAPTED GYMNASTICS <small>FOR CHILDREN WITH SPECIAL NEEDS</small>	6:15-7:00	ASK US ABOUT OUR 2024 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>	6:00-7:00					1:15-2:15	
OPEN GYM <small>SCHOOL YEAR HOURS BEGIN ON 9/8/23 AND END ON 5/24/24 <i>Limited Availability: Pre-Registration Required</i></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 <small>*CALL FOR AVAILABILITY*</small>			8:15-9:00				
HOMESCHOOL FIT & FLIP <small>*CALL FOR AVAILABILITY*</small>		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