MORNING CLASSES
Keep your Summer Evenings open.
Dates: June 8 thru August 6

EVENING CLASSES
Convenient Evening hours for working parents.
Dates: June 2 thru August 5

Morning & Evening Class Tuition: $138.00 for 9 weeks – **9 CLASSES — 1 FULL HOUR A DAY — 1 Day a Week**
B-Fit Fitness Tuition: $82.00

2009 SUMMER SCHEDULE

PRE-SCHOOL GYMNASTICS
BOYS & GIRLS – Vault • Bars • Beam • Floor
Specialized equipment to fit their size and needs

PARENT AND TOT
Boys & Girls Ages 14 months to 3 yrs.
Mon....9:15 AM Tues....9:15 AM, 6:15 PM Wed....6:15 PM

LITTLE JUNIORS
Boys & Girls Ages 3 thru 4 (must be potty trained)
Monday ..... 9:15, 10:15, 11:15 AM
Tuesday ..... 9:15, 10:15 AM, 5:15, 6:15, 7:15 PM
Wednesday.... 4:15, 5:15, 6:15, 7:15 PM
Thursday ..... 10:30, 11:30 AM

KINDER JUNIORS
Boys & Girls Ages 5 thru Kindergarten (Kdg. as of Aug. '09)
Monday ..... 9:15 AM
Tuesday ..... 10:15 AM, 7:15 PM
Wednesday.... 4:15, 5:15 PM
Thursday ..... 11:15 AM

ADVANCED JUNIORS
Boys & Girls Ages 3 thru Kindergarten (Kdg. as of Aug. '09)
Monday ..... 9:15, 11:15 AM
Tuesday ..... 9:15, 10:15, 11:15 AM, 6:15 PM
Wednesday.... 5:15, 7:15 PM
Thursday ..... 11:30 AM

ELITE JUNIORS
Boys & Girls Ages 3 thru Kindergarten (Kdg. as of Aug. '09)
Monday.....10:15 AM Wednesday.....6:15 PM
Tuesday.....11:15 AM, 5:15, 7:15 PM Thursday.....9:15 AM

GIRLS GYMNASTICS 1ST Grade & Up as of Aug. '09
Vault • Bars • Beam • Floor

BEGINNER GIRLS
Monday.....9:15, 10:15, 11:30 AM
Tuesday ..... 9:15, 10:15, 10:30 AM, 5:00, 6:00, 7:00 PM
Wednesday.... 4:15, 5:30, 6:30, 7:30 PM
Thursday ..... 9:15, 10:15, 11:15 AM

INTERMEDIATE GIRLS
Monday ..... 10:15, 11:15 AM
Tuesday ..... 10:30, 11:15 AM, 5:00, 6:00 PM
Wednesday.... 5:30, 6:30, 7:15 PM
Thursday ..... 10:15 AM

ADVANCED INTERMEDIATE GIRLS
Monday.....11:30 AM
Tuesday.....11:30 AM, 7:00 PM
Wednesday....6:30, 7:30 PM Thursday...10:15, 11:15 AM

EX-TREME TEAM
Ex Level 4 - Optional Competitive Gymnast
Thursday.....11:15 AM to 12:40 PM
(1 Hour and 25 minute class) ***Extra 25 mins. of class time.***

BOYS GYMNASTICS & STRENGTH CONDITIONING
1ST Grade & Up as of Aug. '09
Strength Conditioning • Vault • Rings • Floor • Parallel Bars • High Bar

Beginner: Mon.... 11:15 AM – Tues.... 11:30 AM

***Beginner/Intermediate/Adv. Int.:** Tues.... 7:00 PM – Thurs.... 11:15 AM
*Beginner with past experience or by invitation. See front desk.

TRAMP & TUMBLE
BOYS & GIRLS – Trampoline • Power Tumbling • Tumble Track
Mini Tramp • Tumbling Pits

KINDER/ADVANCED JUNIOR
Ages 4 thru Kindergarten
Tuesday ..... 5:15 PM
Thursday ..... 10:30 AM

BEGINNER
1ST Grade & Up as of Aug. '09
Mon..... 11:30 AM
Tues. ... 10:30 AM
Wed..... 6:30 PM

INTERMEDIATE
1ST Grade & Up as of Aug. '09
Tuesday..... 6:00 PM
Thursday.....11:30 AM

ADVANCED INT./ADVANCED
1ST Grade & Up as of Aug. '09
Wednesday..... 7:30 PM

GIRLS CHEER & TUMBLE
Cheers and Dance • Motions • Stunting • Jumps • Tumbling
1ST Grade & Up as of Aug. '09
Tues. 11:15 AM, 7:15 PM Wed. 5:15 PM

JR. CHEER & TUMBLE
Cheers and Dance using Pom Poms • Motions • Stunting • Jumps • Tumbling
Ages 3 thru Kindergarten
Wed.....6:15 PM

CHEER SQUAD TUMBLING
Back Handspring • Back Flip • Power Tumbling
Middle thru High School Boys and Girls
Tues.....8:15 PM Thurs....12:30 PM

BACK HANDSPRING AND TUMBLE – BOYS & GIRLS – Back Handspring Training • Power Tumbling

BEGINNER – 1ST Grade & Up as of Aug. '09
Monday ...11:30 AM Wednesday .....5:30, 7:15 PM
Tuesday ...11:30 AM, 6:00 PM Thursday .....9:15 AM

INTERMEDIATE
1ST Grade & Up as of Aug. '09
Who have completed the Beg. Program
Tues. ...10:30 AM, 7:00 PM Thur. 10:15 AM

B-FIT Fitness - Using Gymnastic Equipment to make FITNESS FUN for Boys & Girls ages 6 thru 14 Yrs. Old
Cardiovascalur Conditioning • Strength • Flexibility • Team Building • Sports Readiness • Nutrition
Tuesday...4:00 PM Wednesday...12:20 PM
Great low price on our fitness program. Tuition - Only $82.00 for 9 full weeks of fitness training.

DAYS AND TIMES OF CLASSES ARE SUBJECT TO CHANGE.

Print Date - 2/27/2009