

# GIRLS

## 2017 Fall / 2018 Spring Schedule

(July 24, 2017 - May 26, 2018)

| CLASS   | MONDAY                   | TUESDAY                         | WEDNESDAY                | THURSDAY                        | FRIDAY                  |
|---|--------------------------|---------------------------------|--------------------------|---------------------------------|-------------------------|
| Parent & Tot (coed, ages 18mos – 3 yrs)<br><b>1x per week 45 min, each lesson</b>   |                          |                                 |                          |                                 | 9 – 9:45am              |
| Pre-School (ages 3 – 4)<br><b>1x or 2x per week</b><br>1 hour each lesson<br>classes are <b>co-ed</b> <u>except</u> where indicated   | 6 – 7pm                  | 9:30 – 10:30am<br>4:30 – 5:30pm | 6 - 7pm                  | 9:30 – 10:30am<br>4:30 – 5:30pm |                         |
| Jr. Level 1 (ages 5–6)<br><b>1x or 2x per week</b> 1 hr. & 30 min. each lesson  | 6 - 7:30pm               | 4 – 5:30pm<br>5:30 – 7pm        | 4:30 – 6pm               | 4 – 5:30pm<br>5:30 – 7pm        | 4 – 5:30pm              |
| Level 1 (ages 7 +)<br><b>1x or 2x per week</b> 1 hr. & 30 min. each lesson  | 4:30 – 6pm<br>6 – 7:30pm | 4 – 5:30pm<br>5:30 – 7pm        | 4:30 – 6pm<br>6 – 7:30pm | 4 – 5:30pm<br>5:30 – 7pm        | 5:30 – 7pm              |
| Level 2 (ages 7 & up) <i>By Invite Only</i><br><b>2x per week for a minimum 4 hours</b><br><b>or 3x (+Sat) for 5.5 hours per week</b> | 4 – 6pm                  |                                 | 4 – 6pm                  |                                 | SATURDAY<br>9 – 10:30am |
| Hot Shots (ages 4 – 6) <i>By Invite Only</i><br><b>2x per week for 3 hours per week</b>   | 6 – 7:30pm               |                                 | 6 – 7:30pm               |                                 |                         |
| Tumbling (All Levels)<br><b>1x per week</b> 1 hr. & 30 min, each lesson   |                          | 7 – 8:30pm                      |                          | 7 – 8:30pm                      |                         |
| Strength & Conditioning (co-ed ages 12-18)<br><b>1x or 2x per week</b> 1 hr. & 30 min. each lesson                                    | 7 – 8:30 pm              |                                 | 7 – 8:30 pm              |                                 |                         |

We reserve the rights to cancel and/or reschedule (without notice) classes with insufficient enrollment.

01.04.2018

# BOYS

## 2017 Fall / 2018 Spring Schedule

(July 24, 2017 - May 26, 2018)

| CLASS   | MONDAY                           | TUESDAY  | WEDNESDAY                | THURSDAY                            | FRIDAY     |
|---|----------------------------------|--|--------------------------|-------------------------------------|------------|
| Parent & Tot (coed, ages 18mos – 3 yrs)<br><b>1x per week 45 min, each lesson</b>   |                                  |  |                          |                                     | 9 – 9:45am |
| Pre-School (ages 3 – 4)<br><b>1x or 2x per week</b><br>1 hour each lesson<br>classes are <b>co-ed</b> <u>except</u> where indicated | 6 – 7pm                          | 9:30 – 10:30am<br><br>4:30 – 5:30pm                                      | 6 - 7pm                  | 9:30 – 10:30am<br><br>4:30 – 5:30pm |            |
| Jr Level 1 (ages 5–6)<br><b>1x or 2x per week</b><br>1 hr. & 30 min. each lesson  | 6 - 7:30pm<br>(combined w/BL1)   | 4 – 5:30pm<br>(combined w/BL1)<br><br>5:30 – 7pm<br>(combined w/BL1)     | 4:30 – 6pm<br>6 – 7:30pm |                                     |            |
| Level 1 (ages 7+)<br><b>1x or 2x per week</b><br>1 hr. & 30 min. each lesson  | 6 - 7:30pm<br>(combined w/BJrL1) | 4 – 5:30pm<br>(combined w/BJrL1)<br><br>5:30 – 7pm<br>(combined w/BJrL1) | 4:30 – 6pm<br>6 – 7:30pm | 4 – 5:30pm<br>(ages 10+)            |            |
| Level 2<br><b>2x per week for 4 hrs per week</b><br>By Invite Only  | 4 – 6pm                          |  | 4 – 6pm                  |                                     |            |
| Strength & Conditioning (co-ed ages 12-18)<br><b>1x or 2x per week</b><br>1 hr. & 30 min. each lesson                               | 7 – 8:30 pm                      |  | 7 – 8:30 pm              |                                     |            |

We reserve the rights to cancel and/or reschedule (without notice) classes with insufficient enrollment.

01.04.2018