

# GIRLS

## 2017 Fall / 2018 Spring Schedule

(July 24, 2017 - May 26, 2018)

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

12.11.2017

# BOYS

## 2017 Fall / 2018 Spring Schedule

(July 24, 2017 - May 26, 2018)

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

12.11.2017