

Recreational Schedule Fall 2017-Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mommy and Me Program						
Open Toddler Hour	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am
Age 5 and under						
Preschool Program						
3-5* years old TR/TU/Gymn	10:30-11:30 * 4/5 y old	10:30-11:15	10:30-11:30 * 4/5 y old	10:30-11:15	1:45-2:30	8:45-9:30 am
45min	3:45-4:30	3:50-4:50 * 4/5 y old	3:45-4:30	1:45-2:30	3:50-4:50 * 4/5 y old	10:15-11:00am
Small Group Instruction						
				5:00-6:00 (Max 4 kids)		
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 5-7 y old</i>						
TRAMPOLINE 5-7 years old	4:00-5:30 ADV	3:50-4:50	5:00-6:00	3:50-4:50	6:10-7:10	10:00-11:00
					3:50-4:50	
TUMBLING 5-7 years old	3:50-4:50			5:00-6:00	5:00-6:00	
GYMNASTICS 5-7 years old	5:00-6:00 BOYS	5:00-6:00	5:00-6:00	5:00-6:00		11:00-12:00
Cheer 5-7 years old			3:50-4:50		3:50-4:50	
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 8-10 y old</i>						
TRAMPOLINE 8-10 years old	3:50-4:50	3:50-4:50	5:00-6:00	5:00-6:00	5:00-6:00	10:00-11:00
TUMBLING 8-10 years old	5:00-6:00	5:00-6:00	3:50-4:50	6:10-7:10	5:00-6:00	11:00-12:00
GYMNASTICS 8-10 years old	6:10-7:10		5:00-6:00		3:50-4:50	
Cheer 8-10 years old		6:10-7:10		5:00-6:00		12:00-1:00
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 11-13 y old</i>						
TRAMPOLINE 11-14 years old	3:50-4:50	6:10-7:10	7:15-8:15	7:15-8:15	4:00-5:00	
Cheer 11-14 years old		3:50-4:50				
TUMBLING 11-14 years old	5:00-6:00		6:10-7:10	3:50-4:50	5:00-6:00	
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 15-17 y old</i>						
We can create a class upon the request, with minimim of 3 kids						
ADVANCED CLASSES						
Advanced Classes	7:15-8:45 TR ADV		6:10-7:40 TR			9:30-11:00 TR ADV
10 and younger	6:10-7:40 TU ADV					
Acro Dance Tumbling			6:40-7:40		6:40-7:40	
Advanced Classes		4:30-6:00 TR ADV	7:15-8:45 TR ADV	7:15-8:45 TR ADV		
11-13 years old		7:15-8:45 TR ADV		7:10-8:40 TU ADV		
Adult Classes	7:40-8:40	9am-10am		9am-10am		
Open Work Out	8:00-9:00pm reservation required	8:00-9:00pm reservation required	8:00-9:00pm reservation required	8:00-9:00pm reservation required	8:00-10:00pm Teen Night reservation required	6:00-8:00pm reservation required
						SUNDAY
						4:30-6:30