

Programs Could Change Due to Covid-19 and Current Restrictions

Beginning Girls 1 Age 5 - 7

Classes will emphasize a formal introduction to proper training technique of the bars, beam, vault, floor exercise, flexibility training, strength training and more. Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention and physical growth.

Day	Date	Time	Price	Code
M	8/31 - 9/21	3:30 - 4:15 pm	\$10/Class	213233-70B
Tu	9/1 - 22	3:30 - 4:15 pm	\$10/Class	213233-71B
Tu	9/1 - 22	4:30 - 5:15 pm	\$10/Class	213233-71C
Tu	9/1 - 22	5:30 - 6:15 pm	\$10/Class	213233-71D
W	9/2 - 23	9 - 9:45 am	\$10/Class	213233-72A
Th	9/3 - 24	3:30 - 4:15 pm	\$10/Class	213233-73B
Th	9/3 - 24	5:30 - 6:15 pm	\$10/Class	213233-73D
F	9/4 - 25	3:30 - 4:15 pm	\$10/Class	213233-74B
M	9/28 - 10/19	3:30 - 4:15 pm	\$10/Class	213233-80B
Tu	9/29 - 10/20	3:30 - 4:15 pm	\$10/Class	213233-81B
Tu	9/29 - 10/20	4:30 - 5:15 pm	\$10/Class	213233-81C
Tu	9/29 - 10/20	5:30 - 6:15 pm	\$10/Class	213233-81D
W	9/30 - 10/21	9 - 9:45 am	\$10/Class	213233-82A
Th	10/1 - 22	3:30 - 4:15 pm	\$10/Class	213233-83B
Th	10/1 - 22	5:30 - 6:15 pm	\$10/Class	213233-83D
F	10/2 - 23	3:30 - 4:15 pm	\$10/Class	213233-84B
M	10/26 - 11/16	3:30 - 4:15 pm	\$10/Class	213233-86B
Tu	10/27 - 11/17	3:30 - 4:15 pm	\$10/Class	213233-87B
Tu	10/27 - 11/17	4:30 - 5:15 pm	\$10/Class	213233-87C
Tu	10/27 - 11/17	5:30 - 6:15 pm	\$10/Class	213233-87D
W	10/28 - 11/18	9 - 9:45 am	\$10/Class	213233-88A
Th	10/29 - 11/19	3:30 - 4:15 pm	\$10/Class	213233-89B
Th	10/29 - 11/19	5:30 - 6:15 pm	\$10/Class	213233-89D
F	10/30 - 11/20	3:30 - 4:15 pm	\$10/Class	213233-90B

Hot Shots Age 4 - 6

A series of classes that allow girls to focus more on the progression toward the competitive team than other classes for this age group. Participants must be coach recommended. These classes are more advanced and require a greater attention span.

Day	Date	Time	Price	Code
M/W	8/31 - 9/23	3:30 - 4:15 pm	\$10/class	213261-70B
M/W	9/28 - 10/21	3:30 - 4:15 pm	\$10/class	213261-80B
M/W	10/26 - 11/18	3:30 - 4:15 pm	\$10/class	213261-87B

Beginning Girls 2 Age 6 - 12

For girls who have completed Beginner Girls 1 or have a coach's recommendation. Students in this class will build on their basic skills, while gaining strength and flexibility.

Day	Date	Time	Price	Code
M	8/31 - 9/21	3:30 - 4:15 pm	\$10/Class	213235-70B
Tu	9/1 - 22	3:30 - 4:15 pm	\$10/Class	213235-71B
Tu	9/1 - 22	4:30 - 5:15 pm	\$10/Class	213235-71C
W	9/2 - 23	10 - 10:45 am	\$10/Class	213235-72A
W	9/2 - 23	3:30 - 4:15 pm	\$10/Class	213235-72B
Th	9/3 - 24	3:30 - 4:15 pm	\$10/Class	213235-73B
Th	9/3 - 24	5:30 - 6:15 pm	\$10/Class	213235-73D
F	9/4 - 25	3:30 - 4:15 pm	\$10/Class	213235-74B
M	9/28 - 10/19	3:30 - 4:15 pm	\$10/Class	213235-80B
Tu	9/29 - 10/20	3:30 - 4:15 pm	\$10/Class	213235-81B
Tu	9/29 - 10/20	4:30 - 5:15 pm	\$10/Class	213235-81C
W	9/30 - 10/21	10 - 10:45 am	\$10/Class	213235-82A
W	9/30 - 10/21	3:30 - 4:15 pm	\$10/Class	213235-82B
Th	10/1 - 22	3:30 - 4:15 pm	\$10/Class	213235-83B
Th	10/1 - 22	4:30 - 5:15 pm	\$10/Class	213235-83C
Th	10/1 - 22	5:30 - 6:15 pm	\$10/Class	213235-83D
F	10/2 - 23	3:30 - 4:15 pm	\$10/Class	213235-84B
M	10/26 - 11/16	3:30 - 4:15 pm	\$10/Class	213235-86B
Tu	10/27 - 11/17	3:30 - 4:15 pm	\$10/Class	213235-87B
Tu	10/27 - 11/17	4:30 - 5:15 pm	\$10/Class	213235-87C
W	10/28 - 11/18	10 - 10:45 am	\$10/Class	213235-88A
W	10/28 - 11/18	3:30 - 4:15 pm	\$10/Class	213235-88B
Th	10/29 - 11/19	3:30 - 4:15 pm	\$10/Class	213235-89B
Th	10/29 - 11/19	4:30 - 5:15 pm	\$10/Class	213235-89C
Th	10/29 - 11/19	5:30 - 6:15 pm	\$10/Class	213235-89D
F	10/30 - 11/20	3:30 - 4:15 pm	\$10/Class	213235-90B

Stars Age 5 - 7

The next series of classes after Hot Shots that continues to allow girls to focus more on the progression toward the competitive team than other classes for this age group. Participants must be coach recommended. These classes are more advanced and require a greater attention span.

Day	Date	Time	Price	Code
M/W	8/31 - 9/23	3:30 - 4:15 pm	\$10/class	213262-70B
M/W	9/28 - 10/21	3:30 - 4:15 pm	\$10/class	213262-80B
M/W	10/26 - 11/18	3:30 - 4:15 pm	\$10/class	213262-87B

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Intermediate Girls Age 6 - 12

Girls' intermediate classes continue to progress from basic skills to flight movements, more specific apparatus skills, and various combinations of movement. Attending class twice a week is highly encouraged, but not required. By coach recommendation only.

Day	Date	Time	Price	Code
Tu	9/1 - 22	3:30 - 4:15 pm	\$10/Class	213242-71B
Tu	9/1 - 22	4:30 - 5:15 pm	\$10/Class	213242-71C
Th	9/3 - 24	3:30 - 4:15 pm	\$10/Class	213242-73B
Th	9/3 - 24	4:30 - 5:15 pm	\$10/Class	213242-73C
F	9/4 - 25	3:30 - 4:15 pm	\$10/Class	213242-74B
F	9/4 - 25	4:30 - 5:15 pm	\$10/Class	213242-74C
Tu	9/29 - 10/20	3:30 - 4:15 pm	\$10/Class	213242-81B
Tu	9/29 - 10/20	4:30 - 5:15 pm	\$10/Class	213242-81C
Th	10/1 - 22	3:30 - 4:15 pm	\$10/Class	213242-83B
Th	10/1 - 22	4:30 - 5:15 pm	\$10/Class	213242-83C
F	10/2 - 23	3:30 - 4:15 pm	\$10/Class	213242-84B
F	10/2 - 23	4:30 - 5:15 pm	\$10/Class	213242-84C
Tu	10/27 - 11/17	3:30 - 4:15 pm	\$10/Class	213242-87B
Tu	10/27 - 11/17	4:30 - 5:15 pm	\$10/Class	213242-87C
Th	10/29 - 11/19	3:30 - 4:15 pm	\$10/Class	213242-89B
Th	10/29 - 11/19	4:30 - 5:15 pm	\$10/Class	213242-89C
F	10/30 - 11/20	3:30 - 4:15 pm	\$10/Class	213242-90B
F	10/30 - 11/20	4:30 - 5:15 pm	\$10/Class	213242-90C



Advance Girls Age 6 - 18

Girls Advanced Gymnastics emphasizes proper technique and body control needed to master higher level skills. New, more advanced challenges and sequential skills are introduced. Previous training is required. Students are challenged according to their abilities. Instructor recommendation or appointment for skill assessment is required.

Day	Date	Time	Price	Code
T/Th	9/1 - 24	4:30 - 5:15 pm	\$10/Class	213252-71C
M/W	9/28 - 10/21	5:30 - 6:15 pm	\$10/Class	213252-80D
T/Th	9/29 - 10/22	4:30 - 5:15 pm	\$10/Class	213252-81C
M/W	10/26 - 11/18	5:30 - 6:15 pm	\$10/Class	213252-86D
T/Th	10/27 - 11/19	4:30 - 5:15 pm	\$10/Class	213252-87C



Girls Pre-Team Age 6 & Up

Girls at this level will be training for the competitive girls' gymnastics team. Level 3 skills will be taught. On the completion of this level, girls may choose whether to continue in CARA or USAG. Coach recommendation is a must for this class.

Day	Date	Time	Price	Code
M/W	8/31 - 9/23	3:30 - 5 pm	\$15/class	213263-70B
M/W	9/28 - 10/21	3:30 - 5 pm	\$15/class	213263-80B
M/W	10/26 - 11/18	3:30 - 5 pm	\$15/class	213263-86B