

2018 FALL RECREATIONAL SCHEDULE

CHOOSE ONE OF THE FOLLOWING LEVELS, DAY & TIME – and a 2nd choice in case your 1st choice is full or not running.

Please note – The P.A. Gymnastics Club reserves the right to cancel, add, or change classes due to registrations and/or coach availability.

WHAT TO WEAR FOR GYM CLASS - T-shirt & shorts, bare feet, & long hair tied back. (No baggy or loose clothing, no jewelry)

| LEVEL | Length | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--------|--|--|---------------|--|--|
| BABY BEE Boys & Girls Walking to 2 years of age with parent | 30min | | | | | 10:05 – 10:35 |
| TUMBLE-BUG Boys & Girls 2 & 3 years of age with parent | 45min | 4:15 – 5:00 5:05 – 5:50 | 5:05 – 5:50 | 9:30 – 10:15 | 4:15 – 5:00 | 9:15 – 10:00 11:00 – 11:45 |
| TUMBLE BEAR Boys & Girls 3 & 4 years of age on the floor without parent | 45min | 4:15 – 5:00 5:05 – 5:50 | 4:15 – 5:00 | 10:15 – 11:00 | 4:15 – 5:00 5:05 – 5:50 | 9:15 – 10:00 10:10 – 10:55 11:00 – 11:45 |
| SUPER BEAR Boys & Girls 4 years of age (must have completed a session in Tumble-Bear) and/or 5 years of age on the floor without parent | 1hr | 5:20 – 6:20 6:00 – 7:00 | 4:15 – 5:15 6:00 – 7:00 | 10:00 – 11:00 | 5:05 – 6:05 6:00 – 7:00 | 9:00 – 10:00 10:05 – 11:05 11:10 – 12:10 |
| FOUNDATIONS Girls (Minimum Age 6) Can Gym - Burgundy / Red / Tan | 1hr | 4:15 – 5:15 5:20 – 6:20 6:00 – 7:00 age 6+ 6:15 – 7:15 age 9+ | 4:15 – 5:15 5:20 – 6:20 age 6+ 5:20 – 6:20 age 9+ 6:30 – 7:30 | | 4:15 – 5:15 4:30 – 5:30 5:35 – 6:35 6:30 – 7:30 | 9:00 – 10:00 10:05 – 11:05 11:10 – 12:10 |
| FOUNDATIONS Boys (Minimum Age 6) Can Gym - Burgundy / Red / Tan | 1hr | 4:15 – 5:15 | 6:00 – 7:00 | | | |
| Recreational JO (Jr Olympic) Girls 8+ Must have completed all foundation levels | 1.5hr | 4:30 – 6:00 | 4:30 – 6:00 6:30 – 8:00 | | 6:15 – 7:45 | 11:10 – 12:40 |
| Junior T&T - Boys & Girls 6 to 9 (Trampoline & Tumbling) | 1hr | 6:30 – 7:30 | | | 5:20 – 6:20 | |
| Intermediate T&T - Boys & Girls 10 to 13 (Trampoline & Tumbling) | 1.5hr | | | 7:15 – 8:45 | | |
| Senior T&T - Boys & Girls age 14+ (Trampoline & Tumbling) | 1.5hr | | | 7:15 – 8:45 | | |
| Dryland Training Class Ages 6 to 8 Strength training to help with your associated sport | 1hr | | | 6:00 – 7:00 | | |
| Dryland Training Class Ages 9 to 12 Strength training to help with your associated sport | 1hr | | | 7:00 – 8:00 | | |
| Multi Discipline Girls Ages 10 to 15 Artistic - Tramp & Tumbling | 1.5hr | 6:15 – 7:45 | | | 6:40 – 8:10 | |

