

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 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	

