

2019 *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.

Classes begin – September 7, 2019

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	4:15 – 4:45				10:05 – 10:35
TUMBLE-BUG Boys & Girls 2 & 3 years of age with parent	45min	5:05 – 5:50	4:15 – 5:00 5:05 – 5:50	5:05 – 5:50		9:00 – 9:45 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	4:15 – 5:00	4:15 – 5:00	9:00 – 9:45 10:05 – 10:50 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	5:10 – 6:10	4:15 – 5:15 6:00 – 7:00	4:15 – 5:15 5:20 – 6:20	9:00 – 10:00 9:50 – 10:50 11:00 – 12:00
FOUNDATIONS Girls – Ages 6-8 (Minimum Age 6) Can Gym - Burgundy / Red / Tan	1hr	4:15 – 5:15 6:00 – 7:00	5:20 – 6:20 6:00 – 7:00		4:15 – 5:15 5:20 – 6:20 (2) 6:30 – 7:30	9:00 – 10:00 12:00 – 1:00
FOUNDATIONS Boys Ages 6 & Up (Minimum Age 6)	1hr	6:45 – 7:45	4:15 – 5:15	6:15 – 7:15		
Recreational XCEL Girls Ages 9+	1.5hr	4:15 – 5:45 6:00 – 7:30	4:15 – 5:45 6:30 – 8:00	4:15 – 5:45 6:00 – 7:30 6:30 – 8:00	4:15 – 5:45 6:00 – 7:30 6:30 – 8:00	10:10 – 11:40 11:45 – 1:15
T&T - Boys & Girls 6 to 9 (Trampoline & Tumbling)	1hr	6:30 – 7:30	5:50 – 6:50		7:00 – 8:00	
MULTI - Girls Artistic and Trampoline & Tumbling	1.5hr		6:20 – 7:50 Age 13+	5:20 – 6:50 Age 10+		

