

2011 – 2012 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.

WINTER SESSION Classes begin Thursday – January 5th, 2012

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

 Babies
  Coed classes
  Boys only class
  Girls only class

LEVEL	Length	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
 BABY BEE Walking to 2 yrs of age with parent	30min				9:00 – 9:30		9:45 – 10:15 10:30 – 11:00
 TUMBLE-BUG 2 & 3 years of age with parent	45min	11:10 – 11:55 12:00 – 12:45 FULL	4:30 – 5:15	5:35 – 6:20	10:25 – 11:10	5:20 – 6:05	9:15 – 10:00
 TUMBLE BEAR 3 & 4 years of age on the floor without parent	45min	11:10 – 11:55 12:00 – 12:45	4:30 – 5:15 FULL 5:20 – 6:05 FULL	1:50 – 2:35 4:45 – 5:30 5:35 – 6:20	11:15 – 12:00	4:15 – 5:00 5:40 – 6:25 FULL	9:00 – 9:45 10:10 – 10:55 11:15 – 12:00 FULL
 BEGINNER CANGYM Age 5 & up - Burgundy / Red / Tan	1hr	12:00 – 1:00 FULL	4:15 – 5:15 FULL 5:20 – 6:20	4:30 – 5:30 FULL 5:35 – 6:35		4:15 – 5:15 5:05 – 6:05 6:10 – 7:10	9:00 – 10:00 10:05 – 11:05 11:00 – 12:00
 BEG CANGYM Burg / Red / Tan <u>For 1st timers only - Age 8 & up</u>				6:40 – 7:40			
 BEGINNER CANJUMP (Trampoline & Tumbling) Ages 6 & up	1hr		5:40 – 6:40 FULL	6:40 – 7:40			
RHYTHMIC Age 6 & up	1.5hr					5:30 – 7:00	
 INTERMEDIATE CANJUMP (Trampoline & Tumbling) Ages 8 & up	1.5hr			6:30 – 8:00 FULL			
 INTERMEDIATE CAN-GYM Girls Ages 8 & up - Bronze to Blue	1.5hr	12:00 – 1:30 FULL	4:00 – 5:30 5:20 – 6:50 FULL	4:00 – 5:30		4:30 – 6:00 6:10 – 7:40	11:10 – 12:40
 INTERMEDIATE CAN-GYM Boys Ages 8 & up – Bronze & up	1.5hr		6:40 – 7:40 FULL				
 ADVANCED CAN GYM Girls Turquoise & up	2hr					6:30 – 8:30	10:00 – 12:00
 Multi Discipline Ages 12 & up Rhythmic, Artistic, Tramp & Tumbling			6:00 – 8:00 FULL				

