

2010 – 2011 RECREATIONAL SCHEDULE

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

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

Classes begin Thursday – September 9th, 2010

LEVEL	Length	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
DROP IN (Oct to May)			10:00 – 12:00			10:00 – 12:00	
BABY BEE Walking to 2 yrs of age with parent	30min				9:50 – 10:20	9:20 – 9:50	10:20 – 10:50
TUMBLE-BUG 2 & 3 years of age with parent	45min	11:05 – 11:50	4:15 – 5:00	5:40 – 6:25	9:00 – 9:45 10:25 – 11:10	5:25 – 6:10	9:15 – 10:00
TUMBLE BEAR 3 & 4 years of age on the floor without parent	45min	11:05 – 11:50 12:00 – 12:45 1:00 – 1:45	1:00 – 1:45 4:15 – 5:00 5:25 – 6:10	1:00 – 1:45 1:50 – 2:35 4:45 – 5:30 5:40 – 6:25	11:15 – 12:00	4:15 – 5:00 5:25 – 6:10	9:15 – 10:00 10:10 – 10:55 11:00 – 11:45
BEGINNER CANGYM Age 5 & up - Burgundy / Red / Tan	1hr	12:00 – 1:00 1:40 – 2:40	4:15 – 5:15	4:30 – 5:30 5:40 – 6:40		4:15 – 5:15 5:10 – 6:10 6:20 – 7:20	9:00 – 10:00 10:00 – 11:00 11:05 – 12:05
BEGINNER CANGYM Age 8 & up - Burgundy / Red / Tan				6:50 – 7:50			
BEGINNER CANJUMP (Trampoline & Tumbling) Ages 5 & up	1hr		5:25 – 6:25	6:35 – 7:35			
INTERMEDIATE CANJUMP (Trampoline & Tumbling) Ages 8 & up	1.5hr		6:40 – 8:10	6:30 – 8:00			
INTERMEDIATE CAN-GYM Girls Ages 8 & up - Bronze to Blue	1.5hr	12:00 – 1:30 1:10 – 2:40	4:00 – 5:30 5:25 – 6:55	4:00 – 5:30		4:40 – 6:10 6:20 – 7:50	11:30 – 1:00
INTERMEDIATE CAN-GYM Boys Ages 8 & up – Bronze & up	1.5hr		5:25 – 6:55	5:40 – 7:10			
TEEN (Ages 13 – 16) No Badges	1.5hr		7:00 – 8:30				
ADVANCED CAN GYM Girls Turquoise & up	2hr			5:40 – 7:40		6:30 – 8:30	11:00 – 1:00
ADULT (Ages 17 & up)	1.5hr				8:00 – 9:30		

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