

SCHOOL-AGED GYMNASTICS SCHEDULE



370 Plaza Dr.
Folsom, CA 95630
(916) 351-0024

Last Updated
6/30/10

Important Information

First Class is FREE! (For new students)
Annual Membership Fee \$40 per child or
\$70 per family

*Schedule is subject to change

*Prices quoted for 1 time a week

*FC = Future Class- Please get on
the waiting list.

Call for your FREE class today!

BOYS

Level A Boys (Beg. 6 and up)

Class length: 90 min. \$70/month

Mon	3:45	Michael
	5:15	Michael
Wed	3:30	Chris
	5:30	Briana
Thurs	3:30	Chris
	5:05	Jennifer
Sat	9:30	Chris

Level B Boys (Int. 6 and up)

Class length: 90 min. \$70/month

Tues	3:30	Michael
Wed	5:05	Chris
Thurs	5:05	Bethany

Level C Boys (Adv. 6 and up)

Class length: 90 min. \$70/month

Tues	6:30	Michael
Thurs	3:30	Briana

TRAMPOLINE & TUMBLING

This class is for boys and girls.
Class includes the trampoline and floor
activities only.

Levels 1,2,3 Tramp and Tumble (9 to 17 yr. olds)

Class length: 90 min. \$70/month

Wed	5:05	Jena
Thurs	5:30	Jocelyn
Fri	5:05	Kayla
Sat	11:00	Alicia

4,5,6 Tramp & Tumble (9 to 17 yr. olds)

Class length: 90 min. \$70/month

Tues	6:30	Jocelyn
Wed	6:30	Heidi
Fri	3:30	Kayla

TUMBLE FOR CHEERLEADING

Tumbling for Cheerleading

Class length: 90 min. \$70/month

Mon	3:45	Ages 9-17	Jennifer B.
Wed	3:30	Ages 6-8	Kayla

GIRLS

Level A (Beg 6 and up)

Class length: 90 min. \$70/Month

Mon	10:30	Marie
	3:45	Kapri
	3:45	Bethany
	5:15	Kapri
	6:35	Jennifer B.
Tues	3:30	Marie
	5:05	Marie/Jen B.
	6:30	Michelle
Wed	3:30	Andy/Heidi
	4:00	Bethany
	5:05	Andy
	5:30	Bethany
Thurs	10:00	Brittany S.
	3:30	Michelle/Jen B
	4:00	Jocelyn
	5:05	Michelle
	6:30	Kapri
Fri	3:30	Chris
Sat	9:30	Devyn
	11:00	Jennifer R. /Chris

Level C (Adv. 6 and up)

Class length: 90 min. \$70/Month

Mon	3:45	Marie
	5:15	Jennifer B.
	6:35	Briana
Tues	3:30	Jamie
Wed	5:05	Jennifer B.
Thurs	3:30	Matthew
	4:00	Kayla
	6:30	Jennifer B.
Fri	5:05	Jennifer
Sat	9:30	Alicia

Level 1 & 2(USA Gymnastics)

Class length: 90 min. \$70/Month

Mon	3:45	Kayla
Wed	5:05	Heidi
Wed	6:30	Marie
Thur	3:30	Heidi
	5:05	Briana
	6:30	Marie

Level 3 & 4 (USA Gymnastics)

Class length: 90 min. \$70/Month

Tues	3:30	Heidi
Wed	3:30	Marie
Thurs	5:05	Marie
Fri	3:30	Heidi

Level 5 & 6 (USA Gymnastics)

Class length: 105 min. \$77/Month

Mon	6:35	Marie
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Level B (Int. 6 and up)

Class length: 90 min. \$70/Month

Mon	3:45	Briana/Heidi
	5:15	Briana/Marie
	6:35	Bethany
Tues	10:30	Bethany
	3:30	Jen B/Michelle
	5:05	Michelle/Jen R.
Wed	5:05	Marie
Thurs	3:30	Bethany/Marie
	5:05	Jennifer R.
Sat	9:30	Jennifer R.
	11:00	Kapri