

Recreational Class Schedule

January - May 2025

Parent and Tot - CoEd

ages 18 month - 3 year olds

45 minute class, \$95 per month

Tuesday 11:00 am - Coach Flip+Fran
Tuesday 4:30 pm - Coach Kelsey
Wednesday 11:00 am - Coach Flip+Fran
Wednesday 5:30 pm - Coach Emma
Saturday 11:00 am - Coach Drew
+Kelsey/Addy

PreK - CoEd

ages 3 - 5 year olds

55 minute class, \$100 per month

Monday 4:30 pm - Coach Kelsey
Tuesday 5:30 pm - Coach Kelsey
Wednesday 10:00 am - Coach Flip+Fran
Wednesday 4:30 pm - Coach Emma
Wednesday 6:30 pm - Coach Avery
Thursday 5:30 pm - Coach Kelsey
Saturday 10:00 am - Coach Drew
+Kelsey/Addy

Girls Beginner

ages 5-7

55 minute class, \$100 per month

Monday 3:30 pm - Coach Bug
Wednesday 3:30 pm - Coach Avery
Wednesday 5:30 pm - Coach Drew
Thursday 4:30 pm - Coach Emma
Thursday 6:30 pm - Coach Kesley
Friday 5:30 pm - Coach Avery

Girls Beginner

ages 8-13

55 minute class, \$100 per month

Monday 5:30 pm - Coach Kelsey
Tuesday 4:30 pm - Coach Emma
Wednesday 6:30 pm - Coach Bug
Friday 4:30 pm - Coach Avery
Saturday 10:00 am - Coach Flip

Beginner Tricking - CoEd

ages 5-7

45 minute class, \$95 per month

Wednesday 5:30 pm - Coach Flip

Beginner Tumble - CoEd

ages 6-14

45 minute class, \$95 per month

Tuesday 3:30 pm - Coach Bug
Wednesday 4:30 pm - Coach Flip
Thursday 5:30 pm - Coach Emma

Beginner Tricking - CoEd

ages 8-14

45 minute class, \$95 per month

Wednesday 6:30 pm - Coach Flip

***Ask us about a free
trial class! Make sure
to register at the front
desk.***



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Girls Advanced Beginner

ages 5-7

55 minute class, \$100 per month

Monday 3:30 pm - Coach Liz
Wednesday 6:30 pm - Coach Emma
Thursday 3:30 pm - Coach Liz
Thursday 5:30 pm - Coach Drew

Girls Advanced Beginner

ages 8-13

55 minute class, \$100 per month

Monday 4:30 pm - Coach Avery
Monday 6:30 pm - Coach Drew
Tuesday 5:30 pm - Coach Emma
Saturday 11:00 am - Coach Flip

Intermediate Girls

ages 6-14

90 minute class, \$110 per month

Tuesday 6:30 pm - Coach Emma
Wednesday 4:30 pm - Coach Bug
Thursday 6:30 pm - Coach Emma

Advanced Group - Girls

ages 8-13 invite only

2 hour class, \$168 per month

Monday 5:30 pm - Coach Avery

Advanced Boys

ages 6-15 invite only

90 minute class, \$110 per month

Tuesday 6:30 pm - Coach Drew

Mini Stars - Girls

ages 4-6 - invite only

1.5 hour class, \$110 per month

Wednesday 5:00 - Coach Avery

Acro/ Dance Tumble

Ages 6-14

45 minute class, \$25 per class

Monday 4:30 pm - Coach Flip

Requirements: dance background

***Ask your coach about
moving to the next
level!***

Advanced Tumble

ages 8-18

55 minute class, \$25 per class

Wednesday 7:30 pm - Coach Bug

Requirements: round-off backhandspring,
standing back handspring, front handspring



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Adult 18+

Adult Tumble

1 hour, \$20 per class

Tuesday 7:30 pm - Coach Flip

Adult Tumble

2 hours, \$20 per class

Friday 6:30 pm - Coach Flip

Competitive Teams

PreTeam - ages 4-6

3 hrs per week

Optional Levels

Level 6 - 14 hrs

Level 7-10 - 16+ hrs

Compulsory Levels

Level 2 - 6 hrs

Level 3 - 9 hrs

Level 4 - 12 hrs

Xcel Levels

Bronze - 6 hrs

Silver - 9 hrs

Gold - 12 hrs

Platinum/Diamond - 14 hrs

***Ask a team coach for an
evaluation if you are
interested in joining one
of our teams!***



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iClass Parent Portal



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