

# Recreational Class Schedule



**Fall 2024**



## Crawlers Open Gym - CoEd, ages 6-12 months old

*45 minute duration, \$100 per month*

Tuesday 9:30 am - Coach Caroline/ Fran

Wednesday 9:30 am - Coach Caroline/Fran

## Parent and Tot - CoEd, ages 18 months - 3 years

*45 minute class, \$90 per month*

Tuesday 11:00 am - Coach Caroline

Tuesday 4:30 pm - Coach Emma

Wednesday 11:00 am - Coach Caroline

Wednesday 5:30 pm - Coach Emma

Saturday 11:00 am - Coach Tori

## PreK - CoEd, ages 3 - 5 years

*55 minute class, \$95 per month*

Monday 4:30 pm - Coach Avery

Tuesday 5:30 pm - Coach Emma

Wednesday 10:00 am - Coach Caroline

Wednesday 4:30 pm - Coach Tori

Wednesday 6:30 pm - Coach Avery

Thursday 5:30 pm - Coach Emma

Saturday 10:00 am - Coach Tori

## Beginner Tumble - CoEd, ages 6-12

*45 minute class, \$90 per month*

Tuesday 3:30 pm - Coach Flip

Wednesday 4:30 pm - Coach Flip

Thursday 5:30 pm - Coach Flip

Girls Beginner - ages 5-7 years

*55 minute class, \$95 per month*

Monday 3:30 pm - Coach Caroline

Wednesday 3:30 pm - Coach Caroline

Wednesday 5:30 pm - Coach Tori

Thursday 4:30 pm - Coach Emma

Thursday 6:30 pm - Coach Drew

Friday 5:30 pm - Coach Avery

Girls Beginner - ages 8-13 years

*55 minute class, \$95 per month*

Monday 5:30 pm - Coach Tori

Tuesday 4:30 pm - Coach Flip

Wednesday 6:30 pm - Coach Tori

Friday 4:30 pm - Coach Avery

Saturday 10:00 am - Coach Flip

Boys Beginner - ages 6-13 years

*55 minute class, \$95 per month*

Tuesday 6:30 pm - Coach Flip

Thursday 4:30 pm - Coach Flip

Girls Advanced Beginner - ages 5-7 years

*55 minute class, \$95 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

# Recreational Class Schedule



**Fall 2024**



## Girls Advanced Beginner - ages 8-13 years

*55 minute class, \$95 per month*

Monday 4:30 pm - Coach Tori

Monday 6:30 pm - Coach Tori

Tuesday 5:30 pm - Coach Drew

Saturday 11:00 am - Coach Flip

## Intermediate Girls - ages 6-13 years

*90 minute class, \$105 per month*

Tuesday 6:30 pm - Coach Emma

Wednesday 4:30 pm - Coach Avery

Thursday 6:30 pm - Coach Emma

## Advanced Group - Girls, ages 8-13 years

*2 hour class, \$165 per month*

Monday 5:30 pm - Coach Avery

## Advanced Boys - ages 6-15 years

*90 minute class, \$105 per month*

Tuesday 6:30 pm - Coach Drew

## Acro/ Dance Tumble

*45 minute class, \$25 per class (pay as you come)*

Monday 5:30 pm - Coach Flip

## Advanced Tumble

*55 minute class, \$25 per class (pay as you come)*

Wednesday 7:30 pm - Coach Flip

Advanced Group - Girls ages 7-14 - invite only

*2 hour class, \$162 per month*

Monday 5:30 - Coach Avery

Mini Stars - Girls ages 4-6 - invite only

*1.5 hour class, \$105 per month*

Wednesday 5:00 - Coach Caroline

Adult Tumble

*45 minute class, \$25 per class (pay as you come)*

Tuesday 7:30 pm - Coach Flip

Adult Open Gym

*2 hours, \$20 per class (pay as you come)*

Friday 6:30 pm - Coach Flip

Adult Stretch/ Flexibility class

*35 minutes, \$15 per class (pay as you come)*

Friday 6:00 pm - Coach Caroline