

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am	10-10:45 Mark Tadpoles	10-10:45 Mark Tadpoles	10-10:45 Mark Tadpoles	10-10:45 Mark Tadpoles		9-9:45 Mark Tadpoles
		10-10:45 Elyse Leapfrogs	10-10:45 Elyse Leapfrogs			9-9:45 Rachel & Mel Lpfrogs
11am		11-11:45 Mark Tadpole	11-11:45 Mark Pee Wee Ninja	11-11:45 Mark Pee Wee Ninja		10-11:00 Mel 4-6 yrs.
		11-11:45 Elyse Leapfrogs	11-11:45 Elyse Tadpoles			10-11:00 Rachel 5-8 yrs.
1pm				1:00-1:45 Elyse Leapfrogs		10-11:00 Mark 7+
2pm	2:00-2:45 Elyse Leapfrogs			2:00-2:45 Elyse Tadpoles		11:15-12:15 Rachel 4-6 yrs.
3pm		3:00-3:45 Elyse Leapfrogs	3:00-3:45 Elyse Leapfrogs	3:00-3:45 Elyse Leapfrogs	3:00-3:45 Mark PeeWee ninja	11:15-12:15 Mel 5-8 yrs
	3:00-3:45 Mark Pee Wee Ninja & Elyse			3:00-3:45 Mark Pee Wee Ninja		11:15-12:15 Mark 8+
4:15pm	4:15-5:15 Rachel 4-6 yrs.	4:15-5:15 Mel 6-9 yrs.	4:15-5:15 Julianna 4-6 yrs.	4:15-5:15 Mel 5-8 yrs.	4:15-5:15 Elyse 4-6 yrs.	BIRTHDAY PARTY! 1:00-2:30
	4:15-5:15 Elyse 5-8 yrs.	4:15-5:15 Elyse 5-8 yrs.	4:15-5:15 Elyse 7-9 yrs.	4:15-5:15 Elyse 4-6 yrs.	4:15-5:15 Mark 5-8yr Ninja	BIRTHDAY PARTY 3:30-5:00
	4:15-5:15 Mark 8+	4:15-5:15 Mark 5-8yr ninja	4:15-5:15 Mark 5-8yr ninja	4:15-5:15 Mark Ninja 8+		
	4:15-5:45 Miss Mel 6-9 yrs	4:15-5:15 Melisa 4-6 yrs.	4:15-5:15 Melisa 5-8 yrs			BOOK PARTIES ONLINE!
5:25pm	5:25-6:25 Rachel 4-6 yrs.	5:25-6:25 Mel 6-9 yrs.	5:25-6:25 Julianna 5-8 yrs.	5:25-6:25 Mel 5-8 yrs.	5:25-6:25 Elyse 5-8yr Ninja	
	5:25-6:25 Elyse 6-8 yrs.	5:25-6:25 Elyse 5-8 yrs.	5:25-6:25 Elyse 7-9 yrs.	5:25-6:25 Elyse 7-9 yrs.	5:25-6:25 Mark 8+ yrs.	
	5:25-6:25 Mark 9+ yrs.	5:25-6:25 Mark 5-8 yrs. Ninja	5:25-6:25 Mark 4-6 yrs Ninja	5:25-6:25 Mark 8+ back Handspring clinic		
	5:25-6:25 Miss Mel 5-8	5:25-6:25 Melisa 5-8 yrs.	5:25-6:25 Melisa 5-8 yrs			
6:35pm	6:30-7:30 Rachel 5-8 yrs.	6:30-7:30 Mel 10+	6:30-7:30 Julianna 5-8 yrs. Ninja	6:30-7:30 Mel 9+	6:30-7:30 Elyse 8+ Ninja	1 hour classes \$295 for 10 weeks
	6:30-7:30 Elyse 8-12 yrs.	6:30-7:30 Elyse 7-9 yrs.	6:30-7:30 Elyse 8-10 Walkover clinic	6:30-7:30 Mark 10+ Tumble	6:30-7:30 Mark 8+ yrs.	45 Minute classes \$280 for 10 weeks
	6:30-7:30 Mark Acro 8+	6:30-7:30 Mark 8+ Ninja/Flip n Tmbl	6:30-7:30 Mark 10+			Closed w/o 2/20-2/26/23 Session 3 runs 2/27-5/13

CLASS DESCRIPTIONS

TADPOLES (Ages 14-36 months) This is a 45 minute class. Kids start with a quick stretch on the parachute. The parent or caretaker comes into the gym and with the help of instructors you will assist the child through obstacle courses which incorporate all of the major events in gymnastics. We use lots of mats to introduce the basic skills to your toddler while teaching them to follow direction and wait their turn. We come together at the end of class for circle time which includes bubbles, stamps and a coloring picture.

LEAP FROGS & Peewee Ninjas (Ages 3 -5yrs) These classes are 50 minutes long. Children go into these classes without a parent, you may watch from the lobby. Children in the Leapfrog class learn all of the basics of gymnastics in an obstacle course format. Skills include forward rolls, backward rolls, cartwheels, handstands by walking their feet up the mat on wall, jumps, body positions, balance beam walks, basic vaulting, bars, trampolines and much more! You will see your child develop upper body strength, as well as flexibility, balancing and coordination. Pee Wee Ninjas do a smaller scaled version of the Ninja Challenge class, see description below. Student to teacher ratio 7 to 1

GIRLS -- 1 hour Class -The children program is based on USA Gymnastics' curriculum and focuses on skill levels 1-4. Children advance at different rates and we work to each child's own ability. Kids will get to use 2 events per class and change each week. (Floor, Bars, Beam, Vault, Tumble Trak). Stations are set up around the event they are on and each child is assigned a station so that they are all working on something at all times. They rotate around stations learning skills progressively. Student to teacher ratio 8 to 1, or 9 to 1 for older classes

FLIP & TUMBLE FOR BOYS (girls too!) -8-12 yrs and 9+ groups. This is a Parkour style class for boys and girls who want to learn to flip and twist in a safe manor. We use the foam pit, mini tramp, tumbtrak and trampoline along with mats to assist in training and safe landings. Student to teacher ratio 9 to 1

Ninja Challenge has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training, and track and field. We incorporate gymnastics equipment with specialized ninja training equipment such as cargo nets, rock walls, slack lines, ropes, swinging rings and ladders. The Desired result of this program is to improve children's strength, flexibility, and all around athleticism. Student to teacher ratio 8 to 1

ACRO - Students will work on walkovers, aerials and handsprings with a spotter, often learning skills for outside dance routines. 8 to 1 ratio **TUMBLE CHEER**- Girls come to this class to work on back handsprings, roundoffs and other skills for their cheer teams. 8 to 1 ratio