

COMPETITIVE CHEERLEADING							
Elite Tumbling		4:15 - 5:00 PM		4:15 - 5:00 PM			
				6:30 - 7:15 PM			
COMPETITIVE CHEERLEADING							
Prep Tumbling				5:30 - 6:15 PM			
				7:00 - 7:45 PM			
Team 1			5:15 - 6:30 PM		5:15 - 6:30 PM		
Team 2			6:30 - 7:45 PM		6:30 - 7:45 PM		
Team 3		5:00 - 6:30 PM		5:00 - 6:30 PM			
Team 4			5:00 - 6:30 PM		5:00 - 6:30 PM		
Team 5			6:30 - 8:00 PM		6:30 - 8:00 PM		
DANCE							
Creative Movement	3-4 Years	1:30 - 2:15 PM		2:30 - 3:15 PM		2:30 - 3:15 PM	
Intro to Ballet	5-6 Yrs			3:30 - 4:15 PM			
Ballet 1	7-9 Years			4:30 - 5:30 PM			
	10-15 Years			5:30 - 6:30 PM			
Ballet 2 **				6:30 - 7:45 PM			
Intro to HipHop	5 - 6 Years					3:30 - 4:15 PM	
Hip Hop 1	7-9 Years					4:30 - 5:30 PM	
	10-15 Years					5:30 - 6:30 PM	
Hip Hop 2*						6:30 - 7:30 PM	
Intro to Jazz	5-6 Years		3:30-4:15 PM				
Jazz 1	7-9 Years		4:30 - 5:30 PM				
	10-15 Years		5:30 - 6:30 PM				
Intro Modern	5 - 6 Years				3:30-4:15 PM		
Modern 1	7- 9 Years				4:30 - 5:25 PM		
	10-15 Years				5:30 - 6:25 PM		
Intro to Tap	5 - 6 Years	3:30-4:15 PM					
Tap 1	7 - 9 Years	4:30- 5:30 PM					
	10 - 15 Years	5:30- 6:30 PM					

Dance								
Tap 2 **		6:30 - 7:25 PM						
Flag								
Bigs	11 - 15	4:30 - 5:15 PM		4:30 - 5:15 PM				
Little's	8 - 10 Years		4:30 - 5:15 PM		4:30 - 5:15 PM			
GYMNASTICS (session -one time a week)								
Homeschool	6+ Years		2:30-3:15 PM			2:30-3:15 PM		
Mommy and Me	2 +Years						9:00- 9:30 AM	
							9:45 - 10:15 AM	
Teen Only	13+ Years		6:30-7:15 PM					
Tiny Tots	3 Years		3:30-4:00 PM	3:30-4:00 PM	1:45 - 2:15 PM	1:45 - 2:15 PM	10:30 - 11:00 AM	
Tumble Tots	4-5 Years			1:30 - 2:10 PM				
				2:30 - 3:10 PM	2:30 - 3:10 PM	2:30 - 3:10 PM	11:15 - 11:50 AM	
		3:30-4:10 PM			3:30-4:10 PM	3:30 - 4:10 PM		
		4:30-5:10 PM	4:30-5:10 PM	4:30-5:10 PM	4:30-5:10 PM	4:30 - 5:10 PM		
		5:30-6:10 PM	5:30-6:10 PM	5:30-6:10 PM	5:30-6:10 PM			
GYMNASTICS (session -one time a week)								
School Age	6+ Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30 - 4:15PM	10:15 - 11:00 AM	
		4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30 - 5:15 PM	11:15 - 12:00 PM	
		5:30-6:15 PM	5:30-6:15 PM	5:30-6:15 PM	5:30-6:15 PM	5:30 - 6:15 PM		
		6:30-7:15 PM	6:30-7:15 PM	6:30-7:15 PM	6:30-7:15 PM			
Open Gym* (weekly sign ups)	6+ Years			2:30-3:15 PM				
JUDO								
	7-10 Years			7:00-8:30 PM		7:00-8:30 PM		
	11+ Years		7:30-9:00 PM		7:30-9:00 PM			
	7-18 YRS						9:00 - 10:30 AM	

SOCCER							
Soccer 1x per week	3 - 4 Years		1:00pm -1:30pm		1:00pm -1:30pm		
			1:35pm -2:05pm				
Soccer 1x per week	5 - 6 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		4:30-5:15 PM		4:30-5:15 PM			
Soccer 2x per week	7 - 8 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		4:30-5:15 PM		4:30-5:15 PM			
	9 - 10 Years	5:30 - 6:15 PM		5:30 - 6:15 PM			
			4:30 - 5:15 PM		4:30 - 5:15 PM		
	11 -13 Years		6:30-8:00 PM		6:30-8:00 PM		
	14+	6:30-8 PM		6:30-8 PM			
Girls Only	11-14 + Years		4:30-5:15 PM				
Goalkeeping (gloves required)							
	9 + Years				5:30-6:15 PM		
	9 -12 Years						9 :30 - 10:15 AM
							10:30 - 11:15 AM
STRENGTH & CONDITIONING							
	8-13 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
			4:30-5:15 PM		4:30-5:15 PM		
	14+ Years	4:30-5:15 PM		4:30-5:15 PM			
			4:30-5:15 PM		4:30-5:15 PM		
TAEKWONDO (session)							
White Belts	6+ Years	3:30-4:15 PM		3:30-4:15 PM		3:30-4:15 PM	
			6:30-7:15 PM		6:30-7:15 PM		
Color Belt	6+ Years		3:30-4:15 PM		3:30-4:15 PM		
		4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	
		5:30-6:15 PM	5:30-6:15 PM	5:30 - 6:15 PM	5:30-6:15 PM	5:30-6:15 PM	
		6:30-7:15 PM		6:30-7:15 PM		6:30-7:15 PM	

