





<b>Flag</b>							
<b>Bigs</b>	11 - 15	4:30 - 5:15 PM		4:30 - 5:15 PM			
<b>Littles</b>	8 -10 Years		4:30 - 5:15 PM		4:30 - 5:15 PM		
<b>GYMNASTICS (session -one time a week)</b>							
<b>Mommy and Me</b>	2 +Years						9:00 - 9:30 AM
							9:45 -10:15 AM
<b>Tiny Tots</b>	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
<b>Tumble Tots</b>	4-5 Years						11:15 - 11:50 AM
		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	5:30-6:10 PM	
<b>GYMNASTICS (session -one time a week)</b>							
<b>School Age</b>	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		
<b>Homeschool (Teen)</b>	6+ Years		2:30-3:15 PM			2:30-3:15 PM	
	13 +		6:30-7:15 PM				
<b>JUDO</b>							
	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
<b>SWIM</b>							
Lvl 1 (1 x a week)	3 - 5 Years	3:45 - 4:15 PM	3:45 - 4:15 PM	3:45 - 4:15 PM	3:45 - 4:15 PM	3:45 - 4:15 PM	
Lvl 2 (1 x a week)	3 - 5 Years	4:45 - 5:15 PM	4:45 - 5:15 PM	4:45 - 5:15 PM	4:45 - 5:15 PM	4:45 - 5:15 PM	
Lvl 3 (1 x a week)	6 - 7 Years	5:30 - 6:00 PM	5:30 - 6:00 PM	5:30 - 6:00 PM	5:30 - 6:00 PM	5:30 - 6:00 PM	
Lvl 4 (1 x a week)	8 - 12 Years	6:15 - 6:45 PM	6:15 - 6:45 PM	6:15 - 6:45 PM	6:15 - 6:45 PM	6:15 - 6:45 PM	
<b>SOCCER</b>							
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							
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	
WRESTLING							
White Shirt 1x per week	5-7 Years				3:30-4:15 PM		9:00 - 09:45 AM
White Shirt 1x per week (beginner)	8-10 Years		3:30-4:15 PM			3:30-4:15 PM	
White & Yellow shirt (2x per week)	7-10 Years	3:30-4:15 PM		3:30-4:15 PM		4:30-5:15 PM	
Light Blue Shirt (K5 Int)*		4:30-5:30 PM		4:30-5:30 PM			
Light Blue Shirt (MS )*			4:30-6:00 PM		4:30-6:00 PM		
MS L1 (White)			4:30-6:00 PM		4:30-6:00 PM		

WRESTLING							
Red Shirt*		6:00 - 7:30 PM		6:00 - 7:30 PM	6:00 - 7:30 PM		
Royal Blue & MS L2 (Navy) *		6:00 - 7:30 PM	5:30 -6:15 PM (LIFT)	6:00 - 7:30 PM	6:00 - 7:30 PM		
High School Open Mat ***							10:00 - 11:30 AM