

| | | | | | | | |
|--|--------------|----------------|----------------|----------------|----------------|----------------|------------------|
| Flag | | | | | | | |
| Bigs | 11 - 15 | 4:30 - 5:15 PM | | 4:30 - 5:15 PM | | | |
| Littles | 8 -10 Years | | 4:30 - 5:15 PM | | 4:30 - 5:15 PM | | |
| GYMNASTICS (session -one time a week) | | | | | | | |
| Mommy and Me | 2 +Years | | | | | | 9:00 - 9:30 AM |
| | | | | | | | 9:45 -10:15 AM |
| 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 | | | | | | 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 | |
| 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 | | |
| Homeschool (Teen) | 6+ Years | | 2:30-3:15 PM | | | 2:30-3:15 PM | |
| | 13 + | | 6:30-7:15 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 |
| SWIM | | | | | | | |
| 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 | |
| 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 | | | | | | | |
|------------------------------------|---------------|----------------|----------------|----------------|----------------|--------------|------------------|
| 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 | | |

