

SPRING 2024

<u>Class Name & Description</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please pick 1 Class Time & Day						
Pre-School Programs						
Baby Bees (walking – 2 years) (Boys & Girls) (Parented) Fun with music and activities to explore gross motor skills	9:10-9:40					
Little Dragonflies (2-3 years) (Boys & Girls) (Parented) Gain gross motor skills and coordination with fun activities	10:00-10:45	10:00-10:45		10:15-11:00		8:45-9:30
Tumble Bears (3 – 4 years) (Boys & Girls) (PARENTED) Focus on gaining coordination & balance through music and activities	11:00-11:45	11:00-11:45		11:15-12:00		9:40-10:25
Little Monkeys (4 – 5 years) (Boys & Girls) As they are getting older they get to experience basic gymnastic skills on various apparatus	1:30-2:30 pm	4:00-5:00 pm		9:00-10:00 1:30-2:30 pm 4:00-5:00 pm		10:35-11:35 11:45-12:45 pm
Recreational CanGym/CanJump Programs						
Boys & Girls Beginner (Badges: Burgundy, Red, & Tan) (Ages 6 years and up) Designed on specific skills; CanGym/CanJump Programs Must have met prerequisite or been assessed by a Coach	4:00-5:30 pm		4:00-5:30 pm			1:00-2:30 pm
Boys & Girls Intermediate/Advanced (Bronze & UP) Designed on specific skills; CanGym/CanJump Programs Must have met prerequisite or been assessed by a Coach	5:30-7:00 pm Intermediate/ Advanced (ages 7 and up)		5:45-7:15 pm Inter/Adv (ages 7 and up)			2:45-4:15 pm Inter/Adv (ages 7 and up)
Recreational Trampoline & Acrobatic Tumbling (Boys & Girls) Improve balance, coordination and special awareness while having a blast learning the basics of trampoline and tumbling	7:15-8:15 pm (ages 6 - 17)		7:15-8:15 pm (ages 6 - 17)			

10 Weeks – Session runs from Tuesday, April 2 to Monday, June 17

No Classes on Saturday, April 6 and Monday, May 20