

KiPS Family Gymnastics



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:40a	Fall Session runs September 8 - November 23					Parent & Me Ages ≤ 3 8:40-9:25a	Parent & Me Ages ≤ 3 8:40-9:25a	
9:00a						Preschool Ages 3-5 9:30-10:15a ★	Preschool Ages 3-5 9:30-10:15a ★	
10:00a	★ Full Class Tot Time and Open Play 9:30a-3:00p	Tot Time and Open Play 9:30a-3:00p	Tot Time and Open Play 9:30-11:00a	Tot Time and Open Play 9:30a-12:00p	Tot Time and Open Play 9:30a-3:00p	Preschool Ages 3-5 10:30-11:15a ★	Beginner I 10:30a-11:20p ★	
11:00a			Parent & Me Ages < 3 11:00-11:45a			Bridge to Beginner <i>Invitation Only Preschool Class</i> 11:30a-12:15p	Beginner I 11:30a-12:20p ★	Beginner II 11:30a-12:20p ★
12:00p			Preschool Ages 3-5 12:00-12:45p			Adaptive Gymnastics 12:30-1:15p	Beginner I 12:30-1:20p ★	Intermediate 12:30-1:20p ★
1:00p						Beginner I 1:30-2:20p ★	Beginner II 1:30-2:20p ★	
2:00p						Parent & Me Ages < 3 2:00-2:45p	Beginner I 1:30-2:20p ★	Beginner II 1:30-2:20p ★
3:00p		Beginner I 3:00-3:50p	Early Release Day Camp 1:30-4:30p (offered based on FCCPS Schedule) All Kids Welcome	Preschool Ages 3-5 3:00-3:45p ★		Ninja Tumblers <i>Strength & Agility for Gymnastics</i> 2:30-3:20p	Beginner I & II Make-up 2:30-3:20p	
4:00p	Preschool Ages 3-5 3:30-4:15p	Beginner II 3:00-3:50p			Preschool Ages 3-5 3:30-4:15p	Birthday Party 3:30-5:30p	Preschool Make-up 3:30-4:15p	
5:00p	Preschool Ages 3-5 4:30-5:15p ★	Beginner I 4:00-4:50p ★		Beginner I 4:00-4:50p ★	Beginner I 4:00-4:50p ★			
6:00p	Preschool Ages 3-5 5:30-6:15p ★	Beginner I 5:00-5:50p ★	Beginner I 4:30-5:20p ★	Beginner I 5:00-5:50p ★	Beginner I 4:30-5:20p ★			
7:00p	Beginner II 6:30-7:20p ★	Beginner II 6:00-6:50p ★	Beginner II 5:30-6:20p ★	Beginner II 6:00-6:50p ★	Birthday Party 5:30-7:30p OR Parents' Night Out (once a month) 5:15-8:30p			
8:00p	Intermediate 7:30-8:30p ★	Advanced 7:00-8:00p ★	Boys Intermediate 6:30-7:30p	Intermediate 6:00-6:50p ★				
	Advanced 7:30-8:30p	Springers Xcel Bronze Pre-Team 7:00-8:50p	Cheer & Acro 7:30-8:30p	Advanced 7:00-8:00p ★				
		Invitation Only		Springers Xcel Bronze Pre-Team 7:00-8:50p				
				Invitation Only				

Join us for a
trial class!