



KiPS

Family Gymnastics



Class is full, see us for other options!

Spring Session 2025

March 10th through June 9th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:45a						8:45-9:30a Preschool Ages 3-5	8:45-9:30a Parent & Me Ages ≤ 3		
9:00a						9:30-10:20a Preschool Ages 3-5	9:30-10:20a Preschool Ages 3-5		
10:00a	10:00a-2:00p Open Gym Tot Time	10:00a-2:00p Open Gym Tot Time	10:00a-2:00p Open Gym Tot Time	10:00a-12:00p Open Gym Tot Time		10:30-11:20a Beginner I	10:30-11:20a Preschool Ages 3-5		
11:00a					11-11:45a Parent & Me / Preschool Ages 2-4			11:30a-12:20p Beginner I	
12:00p				12:00-12:45p Parent & Me / Preschool Ages 2-4	12:00-12:50p Preschool Ages 3-5	11:30a-12:20p Beginner I			
1:00p							1:00-3:00p Open Gym Free Play	1:00-3:00p Open Gym Free Play	12:30-1:20p Beginner II
2:00p			1:30-4:30p School's Out KiPS Kamp			1:30-2:20p Beginner I			1:30-2:20p Beginner II
3:00p				FCCPS Early Release Days Only All Kids Welcome			2:30-3:20p Beginner II	2:30-3:20p Intermediate	2:30-4:30p Birthday Party
4:00p	3:30-4:20p Beginner I	3:30-4:20p Preschool Ages 3-5			3:30-4:20p Beginner I	3:30-4:20p Beginner II	3:30-4:20p Beginner I		events@kipsfamily.com
	4:30-5:20p Beginner II	4:30-5:20p Beginner I	4:30-5:20p Preschool Ages 3-5	4:30-5:20p Beginner I					
5:00p	5:30-6:20p Beginner I	5:30-6:20p Beginner II	5:30-6:20p Beginner I	5:30-6:20p Preschool Ages 3-5	5:00-7:00p Open Gym Skills Practice OR 5:00-8:30p Parents' Night Out once a month kipsfamily.com	4:30-6:30p Birthday Party events@kipsfamily.com	4:15-5:00p Beginner I & II Make-up classes	5:00-7:00p Open Gym Skills Practice	
6:00p	6:30-7:20p Beginner II	6:30-7:20p Intermediate	6:30-7:20p Beginner II	6:30-7:20p Intermediate					
7:00p	6:30-7:50p Intermediate (80 mins)	6:30-7:50p Advanced (80 mins)		6:30-7:50p Advanced (80 mins)					
8:00p			7:30-8:50p Advanced (80 mins)	7:30-8:50p Come As You Are Teen Class (80 mins)			Reach out to us at events@kipsfamily.com to book a birthday party, private event or fundraiser for your school!		

kipsfamily.com | 703-891-1514 | staff@kipsfamily.com

