

2009 2010

Top Flight Gymnastics Class Schedule

| Class | M | T | W | TH | F | S |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------|
| Parent N' Child <i>18mo. Thru 3 Yrs. - 40 min.</i> | | 9:30 10:15 11:00 | 9:30 10:15 11:00 | 9:30 10:15 | 10:15 | 9:00 9:45 |
| Preschool <i>3 and 4 Yrs. - 45 min.</i> | 4:45 5:15 5:30 6:00 | 9:30 10:15 11:00 1:15 2:15 4:00 4:15 | 9:30 10:15 11:00 1:15 2:15 4:00 4:15 5:00 6:00 | 9:30 10:15 10:30 11:00 1:15 2:15 4:15 5:15 5:30 | 9:30 10:15 11:00 1:15 2:15 4:00 6:15 | 9:00 9:45 10:15 10:30 11:30 12:15 |
| Fit N' Five <i>Kindergartens - 1Hr.</i> <i>(must currently be 5 years old or in kindergarten)</i> In - Indicates Invitation Class See Director for more info | 4:15 In 4:15 5:00 5:15 | 4:15 4:45 In 5:15 6:00 | 4:15 5:15 5:45 | 9:30 4:15 4:30 5:15 6:00 | 5:15 7:00 | 9:00 9:45 11:00 12:00 |
| Girls Beginner <i>1st thru 3rd grade</i> <i>1 Hr</i> | 4:15 5:15 | 4:15 5:00 6:00 | 4:15 5:00 5:15 | 4:15 5:15 | 4:15 5:15 6:15 | 9:15 10:30 11:15 11:45 |
| Girls Beginner <i>4th grade and up - 1Hr</i> | 6:00 | 5:15 7:00 | 5:15 | 7:00 | 4:15 | 12:00 |
| Girls Advanced Beginner <i>1st thru 3rd grade - 1 Hr</i> | 4:15 | 5:15 | 4:15 6:45 | 5:00 | 4:15 5:15 | 10:00 11:45 |
| Girls Intermediate I <i>1st thru 3rd grade - 1 Hr.</i> | | | | | 5:15 | 10:45 |
| Girls Intermediate I <i>4th grade and up - 1Hr</i> | | | 4:45 | 6:00 | 4:15 | 10:45 |
| Boys Beginner <i>1st thru 3rd grade - 1Hr</i> | 4:15 5:15 | 4:15 | 4:15 | 4:15 | 4:45 5:15 | 11:00 12:00 |
| Boys Beginner <i>4th grade and up - 1Hr</i> | | | 5:15 | | | 12:00 |
| Boys Invitational <i>1st thru 3rd grade - 1Hr</i> | | 6:00 | | | | |
| Boys Intermediate <i>All ages - 1Hr</i> | | | | | 4:15 | |
| Recreational Exhibition Team A-Group: 2nd thru 4th grade 1 1/2Hr each B-Group: 5th thru 12th grade 1 1/2Hr each | 6:45 | 7:00 | 6:45 | 7:00 | 6:15 | |
| Cheerleading (Beg. or Adv.) <i>4th grade and up - 1 1/4 Hr.</i> | 7:00 Beg | | | 7:00 Beg 7:15 Adv | | |
| Girls Preteam A Girls Preteam B Boys Preteam | | 6:15-8:15 6:15-8:15 6:15-8:15 | | 6:15-8:15 6:15-8:15 6:15-8:15 | | 2:00-4:00 |

Additional classes may be added in Aug 2009

Updated 6-1-2009

410-992-1600