

2022 Fall Class Schedule

Schedule Runs September 7 - May 27, 2023

Gymnastics Classes					Dance Classes				
	Age			Hrs		Age			Hrs
Gymnastics					Ballet				
1	6+	Tue	5:00 PM	1.00	1	6+	Wed	5:00 PM	0.50
1	6-8	Wed	4:15 PM	0.75	1	7+	Mon	7:00 PM	1.00
1	6-8	Fri	4:15 PM	1.00	1	7-8	Wed	5:45 PM	0.75
1	7+	Tue	7:00 PM	1.00	1/2	7+	Thu	4:45 PM	0.75
1	7+	Sat	11:00 AM	1.00	1/2	8+	Mon	8:00 PM	1.00
2	7+	Thu	7:30 PM	1.00	1/2	8+	Wed	6:30 PM	1.00
2	7+	Sat	12:30 PM	1.00	2	8+	Mon	4:30 PM	1.25
2	8+	Tue	8:00 PM	1.00	5	8+	Mon	5:45 PM	1.25
Beg	5-	Fri	5:00 PM	0.75	Beg	6-8	Tue	4:30 PM	0.75
Beg	6-8	Thu	4:30 PM	1.00	Int/Adv	8+	Sat	10:00 AM	0.75
Beg	6-8	Sat	12:00 PM	1.00	Dance Team Prep				
Beg	7+	Wed	7:00 PM	1.00	Int	11+	Thu	8:00 PM	1.00
Mighty Mites					Hip Hop				
1	4-6	Mon	5:00 PM	0.75	Beg/Int	9+	Thu	7:00 PM	1.00
1	4-6	Tue	4:00 PM	0.75	Int/Adv	10+	Mon	8:00 PM	0.50
1	4-6	Wed	5:45 PM	1.00	Jazz				
1	4-6	Fri	5:15 PM	1.00	1	5-6	Wed	5:30 PM	0.50
Mighty Tots					1	6-8	Wed	5:00 PM	0.75
Beg	4-6	Mon	6:30 PM	0.75	1/2	7-10	Thu	5:30 PM	1.00
Beg	4-6	Tue	4:15 PM	0.75	2-3	8+	Thu	7:00 PM	1.00
Beg	4-6	Wed	5:00 PM	0.75	Beg	6-8	Tue	5:15 PM	0.75
Beg	4-6	Thu	6:15 PM	0.75	Jazz & Hip Hop Combo				
Beg	4-6	Sat	9:15 AM	0.75	1	6-8	Mon	4:30 PM	1.00
Tiny Tots					Beg	5-7	Sat	11:00 AM	1.00
Ballet 1	3-4	Fri	4:15 PM	0.75	Beg	7-10	Mon	7:00 PM	1.00
Beg	3	Tue	9:00 AM	0.75	Beg	9+	Tue	7:30 PM	1.00
Beg	3-4	Mon	5:45 PM	0.75	Beg & I	5-7	Thu	4:15 PM	0.75
Beg	3-4	Wed	10:30 AM	0.75	I	7-10	Thu	5:00 PM	1.00
Beg	3-4	Thu	3:45 PM	0.75	I - II	8+	Thu	7:00 PM	1.00
Beg	3-4	Thu	5:30 PM	0.75	II	8+	Wed	7:00 PM	1.00
Beg	3-4	Sat	9:15 AM	0.75	Leaps & Turns				
Beg	4	Tue	9:45 AM	0.75	1/2	8+	Wed	7:30 PM	1.00
					2-3	9+	Mon	7:00 PM	1.00
					3/4	8+	Mon	5:45 PM	1.25
					5	9+	Mon	4:30 PM	1.25
					Int/Adv	8+	Sat	10:45 AM	0.75

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Age Hrs

Dance Classes

Tap & Ballet

1	5-7	Wed	6:15 PM	1.00
Beg	3-4	Tue	9:15 AM	0.75
Beg	4-5	Wed	5:30 PM	0.75

Dance & Tumbling Combo Classes

Jazz/Ballet/Tumbling

Beg	5-7	Thu	6:00 PM	1.50
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Tumbling & Ballet Combination Class

Beg	3	Wed	9:30 AM	1.00
Beg	3-4	Mon	10:00 AM	1.00
Beg	3-4	Tue	6:00 PM	1.00
Beg	3-4	Wed	4:30 PM	1.00
Beg	3-4	Thu	6:00 PM	1.00
Beg	3-4	Sat	10:00 AM	1.00
Beg	4-5	Tue	10:30 AM	1.00
Beg	4-5	Wed	9:30 AM	1.00
Beg & I	5-6	Tue	6:00 PM	1.00
Beg & I	5-6	Wed	4:30 PM	1.00
Beg & I	5-6	Thu	6:00 PM	1.00
Beg & I	5-6	Sat	10:00 AM	1.00

Tumbling & Jazz Combination Class

Beg	6-8	Tue	6:30 PM	1.00
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Tumbling/Tap/Ballet Combination Class

Beg	3-4	Mon	5:30 PM	1.00
Beg	3-4	Wed	6:00 PM	1.00
Beg	3-4	Sat	10:30 AM	1.00
Beg	5-6	Sat	10:00 AM	1.00
Beg & I	5-6	Mon	5:30 PM	1.00
Beg & I	5-6	Wed	6:00 PM	1.00

Cheer Classes

Cheerleading

All	5-8	Mon	4:15 PM	0.75
All	6+	Sat	11:45 AM	0.75
All	8+	Thu	7:30 PM	0.75
All	9+	Mon	7:15 PM	0.75

Age Hrs

Tumbling & Trampoline Classes

Acrobatic Skills for Dancers

2	7+	Sat	11:30 AM	0.75
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Trampoline

All	5-7	Sat	11:30 AM	0.50
All	5-8	Tue	4:15 PM	0.75
All	6+	Tue	5:00 PM	0.75
All	7+	Mon	7:30 PM	0.75
All	8+	Mon	4:30 PM	0.75

Tumbling

1	9+	Mon	8:00 PM	0.75
1/2	5-8	Mon	4:15 PM	1.00
2-3	6+	Wed	6:45 PM	1.00
3	7+	Tue	7:00 PM	1.00
3/4	7	Tue	6:45 PM	1.00
3/4	9+	Mon	7:15 PM	1.00
5	9+	Mon	8:00 PM	1.00
5	9+	Thu	5:45 PM	1.00
Beg & I	5-7	Tue	4:00 PM	0.75

Tumbling & Trampoline Combo

Beg	5-8	Tue	5:45 PM	1.00
Beg	5-8	Sat	12:00 PM	1.00
Beg	7+	Mon	6:30 PM	1.00
I	7+	Tue	5:45 PM	1.00
I	7+	Fri	5:45 PM	1.00
II	7+	Wed	7:45 PM	1.00

Tumbling for Cheerleaders

All	9+	Mon	8:00 PM	0.75
All	9+	Thu	8:15 PM	0.75

Tumbling & Trampoline Teams

NAC Tumbling Team

All	All	Mon	4:30 PM	1.00
All	All	Mon	7:00 PM	1.00
All	All	Tue	4:30 PM	1.00
All	All	Tue	5:30 PM	1.00
All	All	Wed	7:45 PM	1.00
All	All	Thu	4:30 PM	1.00

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Age		Hrs		
Tumbling & Trampoline Teams				

USAG Pre Team

All	All	Wed	6:30 PM	1.50
All	all	Thu	4:15 PM	1.50

USAG Tumbling & Trampoline Team

All	All	Mon	5:15 PM	2.00
All	All	Tue	6:45 PM	2.00
All	All	Wed	4:30 PM	2.00
All	All	Thu	6:45 PM	2.00

Premier Dance Team

Premier Team

Premier A	All	Tue	4:30 PM	0.50
Premier A	All	Tue	5:00 PM	0.50
Premier A	All	Tue	5:30 PM	0.50
Premier A	All	Tue	6:00 PM	0.50
Premier A	All	Tue	6:30 PM	0.50
Premier A	All	Tue	7:00 PM	0.50
Premier A	All	Tue	7:30 PM	0.50
Premier A	All	Wed	4:30 PM	0.50
Premier A	All	Wed	6:00 PM	0.50
Premier A	All	Wed	6:30 PM	0.50
Premier B	All	Tue	4:00 PM	0.50
Premier B	All	Tue	4:30 PM	0.50
Premier B	All	Tue	5:00 PM	0.50
Premier B	All	Tue	5:30 PM	0.50
Premier B	All	Tue	6:00 PM	0.50
Premier B	All	Tue	6:30 PM	0.50
Premier B	All	Tue	7:00 PM	0.50
Premier B	All	Tue	7:30 PM	0.50
Premier B	All	Wed	4:30 PM	0.50

Age		Hrs		
Preschool Classes				

Creative Movements

Beg	1.5-3	Mon	9:15 AM	0.75
Beg	1.5-3	Tue	10:00 AM	1.00
Beg	1.5-3	Wed	10:30 AM	0.75
Beg	1.5-3	Wed	5:00 PM	1.00
Beg	1.5-3	Thu	4:00 PM	1.00
Beg	1.5-3	Thu	5:00 PM	1.00
Beg	1.5-3	Thu	6:30 PM	1.00
Beg	1.5-3	Sat	9:30 AM	1.00
Beg	1.5-3	Sat	11:00 AM	0.75