

## 2022 Fall Class Schedule

### Schedule Runs September 7 - May 27, 2023

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

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#### Dance Classes

##### *Leaps & Turns*

	Age			Hrs
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	9:45 AM	1.00

##### *Tap & Ballet*

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

#### Dance & Tumbling Combo Classes

##### *Jazz/Ballet/Tumbling*

Beg	5-7	Wed	4:15 PM	1.25
Beg	5-7	Thu	6:00 PM	1.50

##### *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	4-6	Tue	4:00 PM	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*

	Age			Hrs
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

#### 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	6+	Wed	6:45 PM	1.00
2-3	6+	Tue	4:00 PM	1.00
2-3	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	6+	Mon	4:15 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

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Tumbling & Trampoline Teams					Preschool Classes				
Age		Hrs			Age		Hrs		
<b><i>NAC Tumbling Team</i></b>					<b><i>Creative Movements</i></b>				
All	All	Mon	4:30 PM	1.00	Beg	1.5-3	Mon	9:15 AM	0.75
All	All	Mon	7:00 PM	1.00	Beg	1.5-3	Tue	10:00 AM	1.00
All	All	Tue	4:30 PM	1.00	Beg	1.5-3	Wed	10:30 AM	0.75
All	All	Tue	5:30 PM	1.00	Beg	1.5-3	Wed	5:00 PM	1.00
All	All	Wed	7:45 PM	1.00	Beg	1.5-3	Thu	4:00 PM	1.00
All	All	Thu	4:30 PM	1.00	Beg	1.5-3	Thu	5:00 PM	1.00
<b><i>USAG Pre Team</i></b>					Beg	1.5-3	Thu	6:30 PM	1.00
All	All	Wed	6:30 PM	1.50	Beg	1.5-3	Sat	9:30 AM	1.00
All	all	Thu	4:15 PM	1.50	Beg	1.5-3	Sat	11:00 AM	0.75
<b><i>USAG Tumbling &amp; Trampoline Team</i></b>									
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					
<b>Premier Dance Team</b>									
<b><i>Premier Team</i></b>									
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					