

# Just You & Me Kid

Moving Monkeys:  
3 months-crawling (Wobblers)  
30 min FREE

Tuesday	9:00 am
Wednesday	6:15 pm
Thursday	1:00 pm
Friday	12:15 pm
Saturday	1:30 pm

Crawling Caterpillars:  
7 months-walking (Crawlers)  
45 min UNLIMITED

Wednesday	3:15 pm
Thursday	11:30 am
Friday	11:30 am

Caterpillars / Crabs  
7-19th months

Monday	6:15 pm
Tuesday	3:15 pm



Climbing Crabs:  
50% off additional classes  
10-19 months (Walkers) 45 min

Monday	10:30 am
Tuesday	10:30 am
Wednesday	11:30 am
Friday	9:30 am
Saturday	11:30 am

Jumping Jaguars:  
18-26 months (Trotters) 45 min 2-3.5 years (Runners) 45 min

Monday	9:30 am
Monday	11:30 am
Monday	3:15 pm
Tuesday	11:30 am
Tuesday	5:15 pm
Wednesday	10:30 am
Wednesday	11:30 am
Thursday	10:30 am
Friday	11:30 am
Saturday	8:30 am
Saturday	10:30 am

Hopping Hares:

Monday	10:30 am
Monday	1:15 pm
Monday	5:15 pm
Tuesday	9:30 am
Tuesday	2:15 pm
Wednesday	9:30 am
Wednesday	5:15 pm
Thursday	9:30 am
Thursday	5:15 pm
Friday	9:30 am
Saturday	9:30 am
Saturday	12:30 pm

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# Preschool Gymnastics

## \*Bouncing Bears (OMO)

(2.5-3.5 years) 30 - 45 min

Tuesday	10:30 am
Wednesday	11:30 am

## Leaping Lemurs

(3-4 years) 45 min  
(must be potty trained)

Monday	9:30 am
Monday	11:30 am
Monday	1:15 pm
Monday	2:15 pm
Tuesday	11:30 am
Tuesday	2:15 pm
Tuesday	5:15 pm
Wednesday	9:30 am
Wednesday	1:00 pm
Wednesday	2:15 pm
Wednesday	3:15 pm
Thursday	9:30 am
Thursday	11:30 am
Thursday	1:15 pm
Thursday	2:15 pm
Friday	10:30 am
Friday	1:15 pm
Friday	4:15 pm
Saturday	8:30 am
Saturday	10:30 am

## Flipping Frogs

(4.5-6 years) 55 min

Tuesday	1:15 pm
Wednesday	1:00 pm
Wednesday	2:15 pm
Friday	10:30 am
Friday	1:15 pm
Saturday	8:30 am

## Tumbling Tigers

(4-5 years) 45 min

Monday	3:15 pm
Monday	5:15 pm
Tuesday	9:30 am
Tuesday	12:30 pm
Tuesday	5:15 pm
Wednesday	4:15 pm
Thursday	10:30 am
Thursday	1:15 pm
Thursday	3:15 pm
Thursday	5:15 pm
Friday	2:15 pm
Friday	3:15 pm
Saturday	9:30 am
Saturday	11:30 am
Saturday	12:30 pm



**Jump Start**

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## Kipping Koalas

(5-6 years) 55min

Monday	4:15 pm
Tuesday	3:15 pm
Tuesday	4:15 pm
Wednesday	5:15 pm
Wednesday	6:15 pm
Thursday	3:15 pm
Thursday	4:15 pm
Saturday	10:30 am

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\*COACH recommendation

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Kindergarten / 1<sup>st</sup> grade  
Girls 55 min

Monday	3:15 pm
Monday	5:15 pm
Tuesday	5:15pm
Tuesday	6:15pm
Wednesday	4:15 pm
Thursday	3:15 pm
Thursday	5:15 pm
Friday	3:15 pm
Saturday	9:30 am
Saturday	10:30 am

1<sup>st</sup>-3<sup>rd</sup> Grade Girls 55 min

Monday	4:15 pm
Tuesday	3:15 pm
Tuesday	4:15 pm
Tuesday	6:15 pm
Wednesday	3:15 pm
Wednesday	5:15 pm
Wednesday	6:15 pm
Thursday	4:15 pm
Thursday	6:15 pm
Friday	3:15 pm
Saturday	8:30 am

Acro 3<sup>rd</sup> grade+  
1.5 hours

Monday	6:15 pm
Wednesday	6:15pm - 7:10 pm
Thursday	6:15 pm

# Gymnastics

Boys (K +) 55min

Monday	3:15 pm-5:15 pm (invite)
Tuesday	5:15 pm (1-3 <sup>rd</sup> )
Wednesday	3:15 pm - 5:15 pm (invite)
Wednesday	5:15 pm (k-2 <sup>nd</sup> )
Thursday	3:15pm - 4:10 pm
Thursday	4:15pm-5:10pm (K/1 <sup>st</sup> )
Friday	4:15-5:10pm (K/1 <sup>st</sup> )



Jump Start

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Tumbling 3<sup>rd</sup> grade +

Monday	6:15-7:10 pm 4 <sup>th</sup> +
Monday	*7:15 pm-8:45 pm 8 <sup>th</sup> +
Tuesday	4:15-5:10 pm 3 <sup>rd</sup> -6 <sup>th</sup>
Tuesday	6:15pm-7:45pm 5 <sup>th</sup> +
Wednesday	4:15-5:10 pm 3 <sup>rd</sup> -6 <sup>th</sup>
Wednesday	6:15 pm-7:10 pm 4 <sup>th</sup> +
Wednesday	7:15pm-8:45pm 7 <sup>th</sup> +
Thursday	2:30 pm - 3:25 pm K-1 <sup>st</sup>
Thursday	3:15 pm-4:10 pm 2 <sup>nd</sup> -4 <sup>th</sup>
Thursday	*5:15pm-6:45 pm 4 <sup>th</sup> +
Friday	4:15pm-5:10pm 3 <sup>rd</sup> +

\* Round off back handspring required

2<sup>nd</sup> - 4<sup>th</sup> Grade Girls 55 min

Monday	3:15 pm
Monday	5:15 pm
Tuesday	5:15 pm
Tuesday	6:15pm - 7:45 pm
Wednesday	4:15 pm
Thursday	3:15pm-4:45 pm
Thursday	5:15 pm
Saturday	9:30 am

3<sup>rd</sup> - 5<sup>th</sup> grade Girls 55 min

Monday	3:15 pm
Monday	4:15 pm
Monday	5:15 pm
Tuesday	3:15 pm
Tuesday	4:15 pm
Wednesday	3:15 pm
Thursday	3:15pm
Thursday	4:45 pm - 6:15 pm
Thursday	6:15pm
Saturday	10:30 am - 12:00 pm

6<sup>th</sup> Grade + Girls

Monday	6:15 pm - 7:45 pm
Tuesday	5:15 pm

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# Mighty Mites

Tiny Mites:  
adult participation  
(2-3.5 years) 45 min

Monday	9:30 am
Monday	1:15 pm
Tuesday	10:30 am
Wednesday	10:30 am
Wednesday	4:15 pm
Thursday	9:30 am
Thursday	10:30 am
Friday	10:30 am



**Jump Start**

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Youth Fitness  
(7+yrs) 45min

Tuesday	6:15pm
Thursday	6:15pm

Star Wars Adventure  
Training (S.W.A.T.)  
(1<sup>st</sup>-4<sup>th</sup> grade) 45 min

Friday	4:15 pm
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Mighty Mites  
(3-4 years) 45 min  
(must be potty trained)

Monday	10:30 am
Monday	2:15 pm
Tuesday	9:30 am
Wednesday	9:30 am
Wednesday	10:30 am
Wednesday	1:00 pm
Thursday	9:30 am
Thursday	11:30 am
Friday	9:30 am
Friday	2:15 pm
Saturday	11:30 am

Super Mites  
(4-5 years) 45 min

Monday	3:15 pm
Tuesday	2:15 pm
Tuesday	4:15 pm
Thursday	2:15 pm

Mega Mites  
(K-2<sup>nd</sup> grade) 55min

Monday	4:15 pm
Tuesday	3:15 pm
Wednesday	5:15 pm

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# Combo Classes & Stay and Play

## On the Run Morning Fun (3-5 years)

Monday	9:00 am – 11:30 am
Wednesday	9:00 am – 11:30 am
*Friday	12:00 pm – 2:30 pm

\*Please send a lunch

## Mighty Lemurs (Mighty Mites/ Leaping Lemurs Combo) (3-4 years)

Tuesday	1:00 pm - 2:30 pm
Thursday	4:15 pm – 5:45 pm



## Stay and Play (members:\$5 Non members:\$10)\*\*

Monday	12:15 pm - 1:15 pm
Wednesday	12:15 pm - 1:15 pm
Thursday	12:15 pm - 1:15 pm
Friday	12:15 pm - 1:15 pm

\*\*Children must be accompanied by an adult. Children 6 and older may be dropped off for additional \$5.

## Super Tigers (Super Mites / Tumbling Tigers Combo) (4-5 years)

Monday	12:30 pm – 2:00pm
Wednesday	2:00 pm -3:30 pm

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# Invite Teams & Adults

USA Bronze (4-8 yrs)	
Monday	3:30 pm-6:30 pm
Wednesday	3:30 pm-6:30 pm

USA Silver/4 (5-8 yrs)	
Monday	3:30 pm-6:30 pm
Wednesday	3:30 pm-6:30 pm
Friday	4:00 pm – 7:30 pm
Saturday (invite)	8:30 am – 11:30 am

USA Level 6/7 (7-13 yrs)	
Monday	5:00 pm -8:30 pm
Tuesday (optional)	4:30 pm -8:30 pm
Thursday	4:30 pm -8:30 pm
Friday	4:00 pm -7:30 pm
Saturday	10:00 am-2:00 pm

Adult Classes (14yrs+) 1.5hrs	
Monday	7:30pm
Thursday	7:30pm

Hot Shots I (3-5yrs) 1.5hrs	
Monday	2:15pm
Tuesday	1:00pm

Hot Shots II (4-6yrs) 2 hours	
Tuesday	3:30 pm
Thursday	3:30 pm

USA Level 4/5/Gold (7-13 yrs)	
Tuesday	4:30 pm - 8:00pm
Thursday	4:30 pm - 8:00pm
Friday	4:00 pm - 7:30pm
Saturday	8:30am-11:30 am

Shooting Stars (5-7yrs) 1.5 hours	
Monday	4:15 pm
Wednesday	3:15 pm

Gym Stars (7-12yrs) min 2 days	
Monday	5:30 pm - 7:30 pm
Tuesday	4:15 pm - 6:15 pm
Wednesday	5:30 pm - 7:30 pm
Thursday	4:15 pm - 6:15 pm
Saturday	12:15 pm - 2:15 pm

AAU Prep-Op (8-14yrs)	
Monday (optional)	5:30 pm - 8:30pm
Wednesday	5:30 pm - 8:30pm
Friday	4:00 pm -7:30pm



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