

2010 Spring 1 Gym Schedule

Feb. 22nd - April. 18th.

Front Half		MONDAY	Back Half	
5:00 – 8:30 AM	Adult Open Gym	5:00 -8:30 AM	Adult Open Gym	
9:15 - 10:30 AM	Pre-School Open Gym Members Only	9:15 -10:30 AM	Gymnastics Instruction	
10:30 -12:15 PM	Sports Instruction	10:30 -12:15 AM	Gymnastics Instruction	
12:15 -2:15 PM	Adult Open Gym	12:15 - 2:15 PM	Adult Open Gym	
2:15 -6:00 PM	Youth Open Gym	2:15 - 6:00 PM	Gymnastics Instruction	
6:00 -7:00 PM	Travel Team Practice	6:00 - 7:00 PM	Gymnastics Instruction	
7:00 - 8:00 PM	Hoop Stars 2 Practice* <u>Until March 1st</u> Youth Open Gym after 3/1	7:00-8:00 PM	Hoop Stars 2 Practice * <u>Until March 1st*</u> Youth Open Gym after 3/1	
8:00-9:45 PM	Adult Open Gym	8:00-9:45 PM	Adult Open Gym	
Front Half		TUESDAY and THURSDAY	Back Half	
5:00 – 8:30 AM	Adult Open Gym	5:00 -8:30 AM	Adult Open Gym	
9:00 -9:40 PM	Youth Sports Instruction	9:00 -9:40 AM	Pre-School Open Gym	
9:40 -12:15 PM	Youth Sports Instruction	9:40am 12:15pm	Gymnastics	
12:15 - 2:15 PM	Adult Open Gym	12:15am-2:15pm	Gymnastics	
2:15-6:30 PM	Youth Open Gym	2:15am -6:30pm	Gymnastics	
6:30-7:30 PM	TUESDAY Wellness Class/ THURSDAY Travel Team Practice	6:30am -7:30pm	Gymnastics	
7:30-8:30 PM 7:30-9:45 PM	TUESDAY Travel Team Practice THURSDAY Open Rec. Volleyball Memb. Free \$7.00 for Non-Memb.	7:30-8:30 PM 7:30-9:45 PM	TUESDAY Travel Team Practice THURSDAY Open Rec. Volleyball Memb. Free \$7.00 for Non-Memb.	
8:30-9:45 PM	TUESDAY Adult Open Gym	8:30-9:45 PM	TUESDAY Adult Open Gym	
Front Half		WEDNESDAY	Back Half	
5:00 – 8:30 AM	Adult Open Gym	5:00 -8:30 AM	Adult Open Gym	
8:30 – 11:00 PM	Youth Sports Instruction	8:30 -11:00 AM	Gymnastics Instruction	
11:00 – 12:15 PM	Youth Sports Instruction	11:00-11:40 AM	Pre- school Open Gym	
12:15-2:15 PM	Adult Open Gym	12:15-2:15 PM	Adult Open Gym	
2:15-6:30 PM	Youth Open Gym	2:15-6:30 PM	Gymnastics	
6:30-7:30 PM	Youth Open Gym	6:30-7:30 PM	Advanced Cheer Class	
7:45-8:45 PM	Travel Team Practice	7:45-8:45 PM	Travel Team Practice	
8:45-9:45 PM	Adult Open Gym	8:45-9:45 PM	Adult Open Gym	
Front Half		FRIDAY	Back Half	
5:00 – 8:30 AM	Adult Open Gym	5:00 -8:30 AM	Adult Open Gym	
8:30 – 10:50 PM	Youth Sports Instruction	8:30 – 10:50 AM	Gymnastics Instruction	
10:50 – 12:15 PM	Youth Sports Instruction	11:00–11:40AM	Pre-School Open Gym	
12:15 -2:15 PM	Adult Open Gym	12:15 – 2:15 PM	Adult Open Gym	
2:15 – 3:00 PM	Youth Open Gym	2:15 – 3:00PM	Gymnastics and Sports Instruction	
3:00 – 6:00PM	Youth Open Gym	3:00– 6:00 PM	Gymnastics and Sports Instruction	
6:00 – 7:00PM	Youth and Family Open Gym	6:00- 7:00 PM	Youth and Family Open Gym	
7:00 – 9:45 PM	Youth and Family Open Gym	7:00- 9:45 PM	Youth and Family Open Gym	
Front Half		SATURDAY	Back Half	
7:00-8:00 AM	Youth and Family Open Gym	7:00-8:00 AM	Youth and Family Open Gym	
8:00- 12:00 PM	Youth Sports Instruction	8:00-1:00 PM	Gymnastics Instruction	
1:00- 6:45 PM	Youth Basketball League * <u>Until March 13th*</u>	1:00-6:45 PM	Youth Basketball League * <u>Until March 13th*</u>	
Front Half		SUNDAY	Back Half	
7:00-10:00 AM	Youth and Family Open Gym	7:00-10:00 AM	Youth and Family Open Gym	
10:00- 11:30 AM	Adult Open Gym	10:00- 11:30 AM	Adult Open Gym	
11:30- 3:00 PM	Youth and Family Open Gym	11:30- 3:00 PM	Youth and Family Open Gym	
3:00-6:45 PM	Youth Open Gym	3:00-6:45 PM	Youth Open Gym	

CHILDREN 10 YRS OF AGE AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.
ADDITIONAL INFORMATION ON REVERSE SIDE.