

Midwest Gymnastics

MASTER REC SCHEDULE

Winter #1 Class Schedule ~ January 1st Thru February 25th

Classes that are BOLD and UNDERLINED are Combo Classes.

	Class Title	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
Preschool Classes	Parent-Tykes (18 m. to 3 yrs)		6:00-6:45	10:45-11:30	5:30-6:15	11:00-11:45	10:30-11:15	\$126 /session
	Mighty Tykes 3 (3 yrs old)	10:15-11:00	9:00-9:45	10:45-11:30	5:45-6:30	10:00-10:45	9:00-9:45	\$126 /session
		4:45-5:30	5:15-6:00	1:00-1:45	6:15-7:00	5:15-6:00	<u>11:30-12:15</u>	
		5:30-6:15	6:15-7:00					
	Mighty Tykes 4/5 (4-5 yrs old)	11:15-12:00	10:45-11:30	9:00-9:45	5:00-5:45	9:00-9:45	9:45-10:30	\$126 /session
		4:45-5:30	5:15-6:00	2:00-2:45	6:15-7:00	5:15-6:00	<u>11:30-12:15</u>	
6:15-7:00		6:45-7:30						

Girls Classes	Shooting Stars (Kindergarten and up)	5:30-6:30	9:45-10:45	9:45-10:45	4:30-5:30		9:00-10:00	\$138 /session
		6:00-7:00	4:30-5:30	5:30-6:30	5:30-6:30	5:00-6:00	10:30-11:30	
		6:30-7:30	5:30-6:30	6:30-7:30	6:30-7:30		11:30-12:30	
	Springers (Kindergarten and up)	5:00-6:00	9:45-10:45	9:45-10:45	4:30-5:30		10:00-11:00	\$138 /session
		5:30-6:30	4:30-5:30	5:30-6:30	6:30-7:30	6:00-7:00	10:30-11:30	
		6:30-7:30	5:30-6:30	6:30-7:30	7:30-8:30		11:30-12:30	
	Leapers (Kinder. and up)	5:30-7:00	5:00-6:30	5:00-6:30	5:00-6:30		11:00-12:30	\$172 /session
		7:00-8:30	6:30-8:00			7:00-8:30		\$172 /session
	Bounders (Kinder. and up)	7:00-8:30		5:00-6:30	5:00-6:30		11:00-12:30	\$210 /session
	Sparklers (Kinder. and up)	5:00-7:00				7:00-8:30		\$210 /session
Kippers (Kinder. and up)	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30		1:30-3:30	\$210 /session	
Flippers (Kinder. and up)	6:30-8:30					1:30-3:30	\$210 /session	

BOYS CLASSES	Ironmen (ages 5 to 7)	6:00-7:00	9:45-10:45	9:30-10:30	5:00-6:00	5:30-6:30	9:00-10:00	\$138 /session
			5:00-6:00	6:00-7:00				
	Ring Masters (ages 7 and up)	5:00-6:00	9:45-10:45	9:30-10:30	6:00-7:00	5:30-6:30	10:00-11:00	\$138 /session
			5:00-6:00	6:00-7:00	6:00-7:00			
Gym Maniacs (Kinder. and up)	5:15-6:45	5:00-6:30		7:00-8:30		11:00-12:30	\$172 /session	
Dynamite Dudes (Kinder. and up)	6:30-8:30						\$210 /session	

Specialized Classes	G ² General Gymnastics*		3:30-5:00				9:00-10:30	\$172 /session	
	Mighty Movers [®] Adaptive Gymnastics	<i>Please contact the front desk with questions about this class</i>							\$138 /session
	Tramp & Tumbling / Extreme Rookies			4:00-5:00	7:00-8:00	6:00-7:00	12:30-1:30	\$138 /session	
		7:30-8:30		5:00-6:00	8:00-9:00				
	Tramp & Tumbling / Extreme Veterans			4:00-5:00		7:00-8:00	1:30-2:30	\$138 /session	
		7:30-8:30		5:00-6:00	8:00-9:00				
	Parkour/Free Running Rookies		7:00-8:30					\$172 /session	
	Parkour/Free Running Veterans	7:00-8:30	7:00-8:30					\$172 /session	
High School Prep	7:00-9:00			7:00-9:00			\$210 /session		

UNSTRUCTURED SUPERVISED PLAY	Preschool Ages 18 Months to Kindergarten	11:30-12:30	11:30-12:30		<small>Only Sean Unless Note is needed!</small>		\$6 or \$8 / day
					3:30-4:30	2:30-3:30	
	Kid Open Gym	11:30-12:30	11:30-12:30		3:30-5:00	2:00-3:30	\$9 or \$12 / day
			7:30-9:00		7:30-9:00		\$12 / day
Adult Open Gym			8:30-10:00		8:30-10:00		\$12 / day

PLEASE NOTE classes may close due to low attendance AND our class times are subject to change

11/29/2011

* This is a class for anyone ages 3 and up, any skill level or gender welcome. Will work on general skills and strength on ALL events

Rookies are for Preteens ages 6-12, Veterans are for teens ages 13 and Up ~ [®]Class for Kids that have Special Needs

Addison Hustad	Cody Kadelc	David Carlson	Jessica Page	Kelly Pederson	Naomi Pulscher	Match the color of the Class to the coach to the left
Nate Ryss	Rebekah Hanson	Sean Westman	Tonya Redshaw	Wade Stock	Jessica Zumberg	