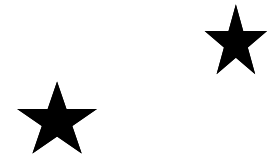




# Gymnastics, Cheer, Tumbling & Martial Arts Schedule



Fit Club Gymnastics - 386-774-4348 - FitClubGymnastics.com

| 2019 FITCLUB CLASSES  | MONDAY                                       | TUESDAY  | WEDNESDAY                                      | THURSDAY                                     | FRIDAY                           | SATURDAY   |
|---|--|--|--|--|----------------------------------|--|
| <b>PARENT/TOT – 18 MONTHS – 3 YRS.</b><br><i>With instructor's guidance, parents assist toddlers in this fun-filled class paced with pre-gymnastics activities &amp; basic movements that develop motor skills, strength and early socialization.</i>   |  |  | 10:30-11:30am<br>"Tot Open Play"               |  | 10:30-11:30am<br>"Tot Open Play" | 9:00-9:45 am   |
| <b>PRE-SCHOOL GYMNASTICS – COED- 3-5 yrs.</b><br><i>Preschoolers have fun in a structured group, learning basic gymnastics skills that build self-confidence, increase coordination &amp; body awareness through the use of gym equipment &amp; stimulating obstacle courses.</i>   | 4:30-5:20 ~ 3-4 yrs.<br>5:30-6:20 ~ 4-5 yrs. | 4:30-5:20 ~ 4-5 yrs.                           | 2:30-3:20 ~ 4-5 yrs.<br>5:30-6:20 ~ 4-5 yrs.   | 4:30-5:20 ~ 3-4 yrs.<br>5:30-6:20 ~ 4-5 yrs. | 5:30-6:20 ~4-5 yrs.              | 9:00-9:50 ~ 3-4yrs.<br>10:00-10:45 ~ 3-4yrs<br>10:00-10:50 ~ 4-5yrs<br>11:00-11:50 ~ 4-5yrs. |
| <b>GIRL'S GYMNASTICS CLASS 6-9 yrs.</b><br><i>Children in this program will begin with the basic skills of gymnastics and progress in their skills by using the four Olympic events: bars, beam, vault and floor. Classes are taught in progressions with one skill building upon the next. They will be moved to different groups within their class as they progress.</i> | 5:30-6:25<br>6:30-7:25                       | 4:30-5:25<br>5:30-6:25 ~ 5-6 yrs.<br>5:30-6:25 | 4:30-5:25 ~ 5-6 yrs.<br>5:30-6:25<br>6:30-7:25 | 4:30-5:25<br>5:30-6:25                       | 6:30-7:25                        | 11:00-12:00  |
| <b>GIRL'S GYMNASTICS CLASS 9-12 yrs.</b><br><i>This class is for the older student yet follows the same progressions as the 6-9 yr. olds. They will get on all events and progress as they are able to.</i>   | 5:30-6:25                                    | 5:30-6:25                                      | 5:30-6:25                                      |  | 5:30-6:25                        |  |
| <b>BOY'S GYMNASTICS 6-12 yrs.</b><br><i>Classes introduce boys to their six Olympic events: pommel horse, parallel bars, floor exercise, rings, high bar and vault. These classes are taught in progressions with one skill building upon the next.</i>   |  |  |  |  | 6:30-7:25                        |  |
| <b>TEEN CLASSES 13-17 yrs.</b><br><i>An open level co-ed gymnastics class for teens. All events are covered with emphasis on tumbling.</i>  |  | 6:30-7:25<br>Teen Gymnastics                   |  | 6:30-7:25 Teen<br>Tumbling                   |                                  |  |
| <b>TUMBLING</b><br><i>These classes focus on developing proper tumbling techniques using gym floor, rod floor, tumble-trak &amp; trampoline. Perfect for cheerleaders &amp; dancers.</i>  |  | 4:30-5:25                                      |  |  |                                  |  |
| <b>NEW ADVANCED &amp; INTERMEDIATE CLASSES</b>  |  |  |  |  |                                  |  |

| <b>CLASSES CONTINUE</b>   | <b>MONDAY</b>              | <b>TUESDAY</b>             | <b>WEDNESDAY</b>   | <b>THURSDAY</b>                          | <b>FRIDAY</b>                          | <b>SATURDAY</b>     |
|---|----------------------------|----------------------------|--|--|--|---------------------|
| <b>GIRLS INTERMEDIATE GYMNASTICS<br/>(BY INVITE ONLY)</b>   |                            | 6:30-7:25 (by invite)      |  | Intermediate<br>6:30-7:25<br>(by invite) |  |                     |
| <b>NINJA FIT</b><br>Starting with boys only, the Ninja Zone is an all new discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts, & Freestyle Movement.  | Coed<br>5:30-6:25 5-8 yrs. | Coed<br>5:30-6:25 6-9 yrs. |  | Coed<br>5:30-6:25 9-12 yrs.              |  |                     |
| <b>OPEN GYM 6yrs. &amp; up</b><br><i>Open gym time is where students get opportunity to practice skills and tricks that they have been learning in their classes, plus other new activities that may be challenging and fun for them to do.</i> |                            |                            | 2:30-3:30 - Free   |  | 2:30-3:30 - Free<br>7:30-8:45 - \$4.00 | 12:00-1:00 - \$4.00 |
| <b>TOT OPEN PLAY</b><br><i>Come join us for an hour of indoor fun &amp; social time with other children and their parent/grandparent. There is a coach there to help you in using the equipment available.</i>                                  |                            |                            | 10:30-11:30 am<br>"Tot Open Play"<br>(not during summer) |  | 10:30-11:30 am<br>"Tot Open Play"      |                     |

6/13/2019