



Gymnastics, Cheer, Tumbling & Martial Arts Schedule



w/o ASP

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



2017 FITCLUB CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PARENT/TOT – 18 MONTHS – 3 YRS. <i>With instructor’s guidance, parents assist toddlers in this fun-filled class paced with pre-gymnastics activities & basic movements that develop motor skills, strength and early socialization.</i></p>			<p>10:30-11:30am “Tot Open Play” 11:40-12:30 Class (Wait List)</p>		<p>10:30-11:30am “Tot Open Play” 11:40-12:30 Class (Wait List)</p>	<p>9:00-9:45 am</p>
<p>PRE-SCHOOL GYMNASTICS – COED- 3-5 yrs. <i>Preschoolers have fun in a structured group, learning basic gymnastics skills that build self-confidence, increase coordination & body awareness through the use of gym equipment & stimulating obstacle courses.</i></p>	<p>4:30-5:20 ~ 3-4 yrs. 5:30-6:20 ~ 4-5 yrs.</p>	<p>5:30-6:20 ~ 4-5 yrs.</p>	<p>2:30-3:20 ~ 4-5 yrs. 5:30-6:20 ~ 4-5 yrs.</p>	<p>4:30-5:20 ~ 3-4 yrs. 5:30-6:20 ~ 4-5 yrs.</p>	<p>4:30-5:20 ~ 3-4 yrs. 5:30-6:20 ~ 4-5 yrs.</p>	<p>9:00-9:50 ~ 4-5yrs. 10:00-10:45 ~ 3 yrs. 10:00-10:50 ~ 4-5yrs 11:00-11:50 ~ 4-5yrs.</p>
<p>GIRL’S GYMNASTICS CLASS 6-9 yrs. <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></p>	<p>5:30-6:25 6:30-7:25</p>	<p>4:30-5:25 5:30-6:25</p>	<p>3:30-4:25 5:30-6:25 6:30-7:25</p>	<p>4:30-5:25 5:30-6:25</p>	<p>4:30-5:25 6:30-7:25</p>	<p>11:00-12:00</p>
<p>GIRL’S GYMNASTICS CLASS 9-12 yrs. <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></p>	<p>5:30-6:25</p>	<p>3:30-4:25 (wait list) 5:30-6:25</p>	<p>4:30-5:25 5:30-6:25</p>		<p>5:30-6:25</p>	
<p>BOY’S GYMNASTICS 6-12 yrs. <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></p>					<p>6:00-6:55</p>	
<p>TEEN CLASSES 13-17 yrs. <i>An open level co-ed gymnastics class for teens. All events are covered with emphasis on tumbling.</i></p>		<p>6:30-7:25 Teen Gym</p>		<p>6:30-7:25 Teen Tumbling</p>		
<p>TUMBLING <i>These classes focus on developing proper tumbling techniques using gym floor, rod floor, tumble-trak & trampoline. Perfect for cheerleaders & dancers.</i></p>	<p>5:30-6:25</p>	<p>4:30-5:25</p>	<p>6:30-7:30 Advanced (by invite)</p>		<p>5:30-7:00 intermediate (invite)</p>	
<p>NEW ADVANCED & INTERMEDIATE CLASSES</p>						

CLASSES CONTINUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GIRLS INTERMEDIATE GYMNASTICS (BY INVITE ONLY)	5:30-6:25 (by invite) (Wait list)			5:30-6:25 (by invite)		
NINJA ZONE Starting with boys only, the Ninja Zone is an all new discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts, & Freestyle Movement.	4:30-5:25 Girls	4:30-5:25 9-11 yrs. 5:30-6:25 5-8 yrs.		4:30-5:25 – 6-8 yrs. 5:30-6:25 – 9-11 yrs		
OPEN GYM 6yrs. & up <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		2:30-3:30 7:30-8:45	12:00-1:00
TOT OPEN PLAY <i>Come join us for an hour of indoor fun & 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 "Tot Open Play"		10:30-11:30 am "Tot Open Play"	

1/20/2017