



## Ricks All American Gymnastic Class Schedule September 2010-June 2011

Program	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.	
Pre-School Programs:  (18 mo- 5 yrs)	Parent N Tot Boys and Girls		9:30-10:15		10:00-10:45				
	Red Stars Boys and Girls 2-3 years (45 min)	3:45-4:30	10:30-11:15	9:30-10:15	9:30-10:15 10:30-11:15	9:30-10:15	9:00-9:45		
	White Stars Boys and Girls 3-4 years	10:30-11:30	1:00--2:00 4:45-5:45	10:30-11:30 3:45-4:45	1:00-2:00	9:30-10:30 12:30-1:30 2:15-3:00	9:00-10:00		
	Blue Stars Boys and Girls 4-5 years	10:30-11:30 1:00-2:00 3:45-4:45	1:00 – 2:00 3:45-4:45	1:00-2:00 3:45-4:45 4:45-5:45	1:00-2:00 3:45-4:45	9:30-10:30 3:45-4:45	9:00-10:00		
	Girls Super Stars I 5-7 years	3:45 – 4:45 4:45-5:45	3:45-4:45 4:45-5:45	3:45 – 4:45 4:45-5:45	3:45 – 4:45 4:45-5:45	3:45 – 4:45 4:45-5:45	10:00-11:00 3:45-4:45 4:45-5:45	9:00-10:00	
Recreational Gymnastics (5+ yrs)	Girls Super Stars II 8-12 years	4:45-5:45	3:45-4:45	3:45 – 4:45 4:45-5:45	3:45-4:45 4:45-5:45	3:45-4:45 4:45-5:45	9:00-10:00		
Girls/Boys Gymnastics & Advanced Classes  & Adult Programs	Boys Eagles I 5-7 years	3:45-4:45				4:45-5:45			
	Boys Eagles II 8-12 years					3:45-4:45			
	Girls Gold gymnastics Age 8-12	5:45-7:15				5:45-7:15			
	Tumbling only class 13yrs-up Boys and Girls		5:45-7:15		5:45-7:15	5:45-7:15			
	Open Tumbling Beginner Intermediate/Advanced		7:30-9:00		7:30-9:00		9:00-10:00 10:00-11:00		
	<b>Adult Classes &amp; Ricks Running Club</b> More information to come.....	Woman's Boot camp 9:30am-10:30am			Adult Gymnastics 8:30pm-9:30pm	Woman's Bootcamp 9:30am-10:30am			

**Create-A-Class-** We will customize our schedule to fit your needs. If you have 4 or more children and would like a class at a day and time that is not listed above please speak to the front office. Open tumblers must be registered. Advanced and Competitive levels are by invitation please speak to your coach if you or your child are interested. Ask us about Ricks Running Club