



## Ricks All American Gymnastic Class Schedule September 2011-June 2012

| Program   | Class  | Monday                                | Tuesday                | Wednesday                         | Thursday                              | Friday                                  | Saturday                  | Sun. |
|---|--|---------------------------------------|------------------------|-----------------------------------|---------------------------------------|---|---------------------------|------|
| Pre-Scholl Programs:<br><br>(18 mo- 4 yrs)<br><br>After School Program<br><br>5 yrs-7yrs  | Parent N Tot<br>Boys and Girls                               | 9:30-10:15                            |                        |                                   |                                       |   |                           |      |
|   | Red Stars<br>Boys and Girls<br>2-3 years (45 min)            |                                       | 10:00-10:45            | 9:30-10:15                        | 9:45-10:30                            | 9:30-10:15                              | 9:00-9:45                 |      |
|   | White Stars<br>Boys and Girls<br>3-4 years                   | 10:30-11:30<br>1:00-2:00              | 1:00-2:00              | 10:30-11:30                       | 10:30-11:30<br>1:00-2:00<br>4:45-5:45 | 9:30-10:30<br>10:30-11:30<br>12:30-1:30 |                           |      |
|   | Blue Stars<br>Boys and Girls<br>4-5 years                    | 10:30-11:30<br>1:00-2:00<br>3:45-4:45 | 1:00-2:00<br>3:45-4:45 | 3:45-4:45<br>4:45-5:45            | 1:00-2:00                             | 9:30-10:30<br>10:30-11:30<br>3:45-4:45  |                           |      |
|   | Girls Super Stars I<br>5-7 years and<br>Girls Super Stars I+ | 3:45-4:45<br>4:45-5:45                | 3:45-4:45<br>4:45-5:45 | 3:45-4:45<br>4:45-5:45            | 3:45-4:45<br>4:45-5:45                | 3:45-4:45+<br>4:45-5:45                 | 3:45-4:45/+<br>4:45-5:45+ |      |
| After School<br>Gymnastics<br>(8+ yrs)<br><br>Girls/Boys Gymnastics<br><br>&<br><br>Advanced Classes<br><br>&<br><br>Adult Programs | Girls Super Stars II<br>8-12 years and<br>Super Stars II+    | 4:45-5:45                             | 3:45-4:45<br>4:45-5:45 | 3:45-4:45<br>4:45-5:45            | 3:45-4:45+                            | 3:45-4:45                               | 9:00-10:00                |      |
|   | Boys Eagles I<br>5-7 years and<br>Eagles I+                  | Eagles +<br>4:45-5:45                 |                        | Eagles<br>4:45-5:45               |                                       | Eagles +<br>4:45-5:45                   |                           |      |
|   | Boys Eagles II<br>8-12 years and<br>Eagles II +              |                                       |                        |                                   | Eagles<br>3:45-4:45                   |   |                           |      |
|   | Girls Silver Gymnastics<br>Age 7-9 years                     | 4:45-6:15                             |                        |                                   |                                       | 4:45-6:15                               |                           |      |
|   | Girls Gold Gymnastics<br>10-13 years                         |                                       |                        | 4:45-6:15                         |                                       | 4:45-6:15                               |                           |      |
|   | Tumbling only class<br><b>Boys and Girls</b>                 |                                       | 6:00-7:00pm            |                                   | CHEER CLASS<br>6-9 yrs<br>5:00-6:30   |   |                           |      |
|   | Open Tumbling<br>Beginner<br>Intermediate/Advanced           |                                       | 7:30-8:30<br>8:00-9:00 |                                   | 7:30-8:30<br>8:00-9:00                |   | 9:00-10:00<br>10:00-11:00 |      |
|   |  |                                       |                        | Adult Gymnastics<br>8:30pm-9:30pm |                                       |   |                           |      |

**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 only. Please speak to your coach if you or your child is interested. The + indicates a more advanced level in that age group and a pre requisite of 3 sessions or coach recommendation is required.