

LGC Summer Class Schedule for Ages 6 and Up (Please call 703-444-9298 for class availability).

Summer 2009

Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>SUMMER 2009</p> <p>BIRTHDAY Parties at LGC! <i>(90 minutes)</i></p> <p>Friday Parties Start at: 5:00 & 6:30</p> <p>Saturday Parties Start at: 12:30, 1:30, 2:30 3:30, 4:30 & 5:30</p> <p>Sunday Parties Start at: 11:00, 12:00 3:00, 4:00 & 5:00</p> <p>SUMMER HALF AND FULL DAY CAMP AVAILABLE!</p> <p>OPEN GYMNASTICS PLAYTIME TBA</p>
<p>Girls Beginners</p> <p>6 - 8 years old 60 minutes 9 weeks</p>	4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 10:30-11:30am 4:30-5:30pm 5:30-6:30pm	10:00-11:00am 11:00-12:00am 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 10:30-11:30am 4:30-5:30pm 5:30-6:30pm	1:15-2:15pm 2:15-3:15pm	9:00-10:00am 9:30-10:30am 10:30-11:30am 11:00-12:00pm 12:00-1:00pm	
<p>Girls Beginners Plus</p> <p>9 years old & up 90 minutes 9 weeks</p>	6:30-8:00pm	4:30-6:00pm		5:30-7:00pm		11:30-1:00pm	
<p>Girls Intermediate*</p> <p>6 years old & up 90 minutes 9 weeks</p>	6:30-8:00pm	4:30-6:00pm	3:30-5:00pm	5:30-7:00pm	1:15-2:45pm	9:00-10:30am 11:30-1:00pm	
<p>Girls Advanced*</p> <p>6 years old & up 120 minutes 9 weeks</p>		6:30-8:30pm	3:30-5:30pm			9:00-11:00am	
<p>Boys 6 to 7</p> <p>6 - 7 years old 60 minutes 9 weeks</p>	5:30-6:30pm 6:30-7:30pm	9:30-10:30am	5:30-6:30pm	4:30-5:30pm	1:15-2:15pm 2:15-3:15pm	9:00-10:00am	
<p>Boys 8 and Up</p> <p>8 & up 60/90 minutes 9 weeks</p>			6:30-8:00pm	4:30-6:00pm	1:15-2:45pm	11:00am-12:30pm	
<p>Boys Advanced*</p> <p>6 & up 120/180 minutes 9 weeks</p>			6:30-8:30pm			11:00-1:00pm	
<p>Cheer Tumbling Beginners</p> <p>6 years old & up 60 minutes 9 weeks</p>	4:30-5:30pm	5:30-6:30pm	6:30-7:30pm	9:30-10:30am		12:00-1:00pm	
<p>Cheer Tumbling Intermediate/Advanced*</p> <p>6 years old & up 60 minutes 9 weeks</p>		6:30-8:00pm					
<p>Tumbling & Trampoline Beginners</p> <p>6 years old & up 60 minutes 9 weeks</p>	4:30-5:30pm	5:30-6:30pm	3:30-4:30pm 6:30-7:30pm	9:30-10:30am		10:00-11:00am	
<p>Tumbling & Trampoline Int./Adv.*</p> <p>6 years old & up 90 minutes 9 weeks</p>	5:30-7:00pm					9:00-10:30am	
<p>Cartwheel Clinic 60 minutes 9 weeks</p>							
<p>Backhandspring Clinic</p> <p>6 years old & up 60 minutes 9 weeks</p>	5:30-6:30		3:30-4:30pm	6:30-7:30pm		10:00-11:00am	
<p>*Placement in these classes is by instructor recommendation only. Please call 703-444-9298 to schedule a skills test.</p>							

We are located at 21586 Atlantic Blvd., Bldg. # 130, Sterling, VA 20166 Phone: 703-444-9298

www.LoudounGymnastics.com Email us at: LoudounGymnastics@msn.com

* Please call 703-444-9298 to check on availability of space in classes for registration and makeups.

Rev.5.21.09

LGC Summer 2009 NINE Week Session starts the Week of June 29th and ends the Week of August 24th.