

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

Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2009-2010	
Girls Beginners 6 - 8 years old 60 minutes 10 weeks	3:30-4:30pm 4:00-5:00pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	9:00-10:00am 9:30-10:30am 10:00-11:00am 10:30-11:30am 11:00-12:00pm 12:00-1:00pm	Birthday Parties at LGC! <i>(90 minutes)</i> Tuesday & Thursday Parties Start at: 12:00 Saturday Parties Start at: 12:30, 1:30, 2:30 3:30, 4:30 & 5:30 Sunday Parties Start at: 11:00, 12:00 3:00, 4:00 & 5:00 Open Gymnastics Playtime \$12 Members \$15 Non Members Sunday 1-3 PM Kids Club After Care & Kinder Care Program Available!	
Girls Beginners Plus 9 years old & up 90 minutes 10 weeks	6:30-8:00pm	5:30-7:00pm	5:00-6:30pm	4:30-6:00pm 6:00-7:30pm	3:30-5:00pm 5:00-7:30pm	11:30-1:00pm		
Girls Intermediate* 6 years old & up 90 minutes 10 weeks	3:30-5:00pm 5:30-7:00pm 6:30-8:00pm	3:30-5:00pm 4:30-6:00pm 5:30-7:00pm	3:30-5:00pm 5:00-6:30pm	4:30-6:00pm 6:00-7:30pm	3:30-5:00pm 5:30-7:00pm	9:00-10:30am 11:30-1:00pm		
Girls Advanced* 6 years old & up 120 minutes 10 weeks	5:30-7:30pm	6:30-8:30pm	3:30-5:30pm 4:30-6:30pm	4:30-6:30pm	3:30-5:30pm 5:30-7:30pm	9:00-11:00am		
Boys 6 to 7 6 - 7 years old 60 minutes 10 weeks	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm	9:00-10:00am 10:00-11:00am		
Boys 8 and Up 8 & up 90 minutes 10 weeks	3:30-5:00pm	4:30-6:00pm	6:30-8:00pm	4:30-6:00pm 6:00-7:30pm		9:00am-10:30pm 11:00am-12:30pm		
Boys Advanced* 6 & up 120 minutes 10 weeks	3:30-5:30pm	4:30-6:30pm	6:30-8:30pm	4:30-6:30pm		11:00-1:00pm		
Cheer Tumbling Beginners 6 years old & up 60 minutes 10 weeks	5:30-6:30	5:30-6:30pm	3:30-4:30pm	4:30-5:30pm		10:00-11:00am 12:00-1:00pm		
Cheer Tumbling Intermediate/Advanced* 6 years old & up 60 minutes 10 weeks		6:30-8:00		6:30-8:00pm		9:00-10:30am		
Tumbling & Trampoline Beginners 6 years old & up 60 minutes 10 weeks	3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	5:30-6:30pm	3:30-4:30pm	4:30-5:30pm 5:30-6:30pm 6:30-7:30pm		10:00-11:00am		
Tumbling & Trampoline Int./Adv.* 6 years old & up 90 minutes 10 weeks	5:30-7:00pm	6:30-8:00pm			5:30-7:00pm	9:00-10:30am		
High School Class 90 minutes 10 weeks		7:00-8:30pm	7:00-8:30pm	7:00-8:30pm		11:00-12:30pm		
Backhandspring Clinic 6 years old & up 60 minutes 10 weeks			5:30-6:30pm 6:30-7:30pm	5:30-6:30pm	3:30-4:30pm 4:30-5:30pm	11:00-12:00am		
*Placement in these classes is by instructor recommendation only. Please call 703-444-9298 to schedule a skills test.								

www.LoudounGymnastics.com

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