

Loudoun Gymnastics Class Schedule

Please call 703-444-9298 for class availability.




Classes 2010-2011



Preschool Students	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2010-2011 Sessions
 Mommy, Daddy & Me 18 months - 3 years old 45 minutes 10 weeks	9:30-10:15am 10:30-11:15am	9:30-10:15am 10:30-11:15am	9:00-9:45am 9:45-10:30am	9:30-10:15am 10:30-11:15am 4:30-5:15pm	9:00-9:45am 9:45-10:30am 1:15-2:00pm	9:00-9:45am 10:00-10:45am 11:00-11:45am	1) Sept. 7-Nov. 13 2) Nov. 15-Jan. 29 3) Jan. 31-April 9 4) April 11-June 18
 Mini Bears 3 - 4 years old 45 minutes 10 weeks	9:30-10:15am 10:30-11:15am 1:15-2:00pm 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	9:30-10:15am 10:30-11:15am 1:15-2:00pm 3:30-4:15pm 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	9:00-9:45am 9:45-10:30am 11:15-12:00am 1:15-2:00pm 3:30-4:15pm 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	9:30-10:15am 10:30-11:15am 1:15-2:00pm 3:30-4:15pm 5:30-6:15pm 6:30-7:15pm	9:00-9:45am 9:45-10:30am 1:15-2:00pm 4:30-5:15pm	9:00-9:45am 10:00-10:45am 10:30-11:15am 11:00-11:45am 11:15-12:00pm 12:00-12:45pm	Birthday Parties at LGC! (90 minutes) Tues. & Fri. Parties Start at: 12:00 Saturday Parties Start at: 1:00, 3:00, 5:00 Sunday Parties Start at: 11:00, 3:00, 5:00 703-444-9298
 Panda Bears 5 - 6 years old 60 minutes 10 weeks	9:30-10:30am 10:30-11:30am 1:00-2:00pm 2:30-3:30pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 10:30-11:30am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:00-10:00am 10:00-11:00am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 10:30-11:30am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:00-10:00am 10:00-11:00am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm	9:00-10:00am 9:30-10:30am 10:00-11:00am 11:00am-12:00 12:00-1:00pm	

LGC Class Schedule - Other

Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
Home School Class Age 6+ 60 minutes 10 weeks		1:00-2:00pm		1:00-2:00pm			 Ask about our Mom's Club PICNIC PLAYDATES on Mon. & Thurs. Rev.04.01.11
NEW! Family Class 18months - 4 years /45 minutes 10 weeks	10:30-11:15am	10:30-11:15am		10:30-11:15am			
NEW! Hour of Power (Sports Conditioning) Ages 12 and Up - 10 week class	5:00-6:00pm 7:00-8:00pm				4:00-5:00pm		
NEW! Total Body Conditioning Class Ages 15 and Up (5 class packages available)	5:00-6:00pm						
Adult Class 18 & up 60 minutes 10 weeks/Drop In Fee	8:00-9:00pm			8:00-9:00pm			

Open Gym Playtimes

Please see our website for dates and times! www.LoudounGymnastics.com

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Classes 2010-2011



★ Loudoun Gymnastics Class Schedule

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Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2010-2011 Sessions
Girls Beginners 6 - 8 years old 60 minutes 10 weeks	2:30-3:30pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 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 6:30-7:30pm	9:00-10:00am 9:30-10:30am 10:00-11:00am 11:00-12:00pm 12:00-1:00pm	1) Sept. 7-Nov. 13 2) Nov. 15-Jan. 29 3) Jan. 31-April 9 4) April 11-June 18
Girls Beginners Plus 9 years old & up 90 minutes 10 weeks		5:30-7:00pm		4:30-6:00pm 6:00-7:30pm		11:00-12:30pm	WHY GYMNASTICS? Gymnastics Improves Strength & Power Develops Coordination & Flexibility Helps You Learn the Fundamentals of Movement Helps You to Develop Skills to help with Other Sports!
Girls Intermediate* 6 years old & up 90 minutes 10 weeks (Ages 5 & 6 Wed 12:30-2)	3:30-5:00pm 5:30-7:00pm 6:30-8:00pm	3:30-5:00pm 4:30-6:00pm 5:30-7:00pm	Age 5-6 12:30-2:00 3:30-5:00pm 5:00-6:30pm	4:30-6:00pm 6:00-7:30pm	5:30-7:00pm	9:00-10:30am 11:00-12:30pm	
Girls Advanced* 6 years old & up 120 minutes 10 weeks	5:30-7:30pm	6:30-8:30pm		4:00-6:00pm	5:30-7:30pm	9:00-11:00am	
Boys Beginner 6 - 8 years old 60 minutes 10 weeks	2:30-3:30pm 3:30-4:30pm	4:00-5:00pm 5:30-6:30pm	4:00-5:00pm 6:30-7:30pm	4:00-5:00pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm	10:00-11:00am 11:00-12:00	
Boys Beginner Plus 9 & up 90 minutes 10 weeks		5:30-7:00pm		6:00-7:30pm			
Boys Intermediate/Advanced * 6 & up 90/120 minutes 10 weeks				4:30-6:00pm Intermediate		9:00-11:00am Advanced	
Tumbling & Trampoline Beginners 6-11 years old 90 minutes 10 weeks	6:30-7:30pm		4:30-5:30pm 6:30-7:30pm	5:30-6:30pm 8:00-9:00pm	4:30-5:30	10:00-11:00am	
Tumbling & Trampoline Beginners Plus 12 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		11:00-12:00pm	
Tumbling & Trampoline Int./Adv.* 6 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		11:00-12:30pm	
High School Class 60 minutes 10 weeks	8:00-9:00pm			8:00-9:00pm			
Backhandspring Clinic 6 years old & up 60 minutes 10 weeks	3:30-4:30pm 7:00-8:00pm	5:30-6:30pm		3:30-4:30pm	3:30-4:30pm		

*Placement in these classes is by instructor recommendation only. Please call 703-444-9298 to schedule a skills test.



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Rev. 04.01.11

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





Loudoun Gymnastics New Programs!

Please call 703 -444-9298 for class availability.

NEW Programs at LGC!		Monday	Tuesday	Wednesday	Thursday	Friday
<h2>CHEER BEARS</h2> <p>3 to 5 year olds 45 minutes 10 weeks - TWO times a week</p>	<p>11:15-12:00 (Mon. & Wed)</p>	<p>11:15-12:00 (Mon. & Wed)</p>	<p>11:15-12:00 (Mon. & Wed)</p>	<p>11:15-12:00 (Mon. & Wed)</p>	<p>11:15-12:00 (Mon. & Wed)</p>	<p>11:15-12:00 (Mon. & Wed)</p>
<h2>CHEERTASTICS</h2> <p>6 to 10 year olds 60 minutes 10 weeks - Once a week</p>	<p>4:30-5:30</p>	<p>11:15-12:00 (Tues. & Thurs.)</p>	<p>3:30-4:30 5:30-6:30</p>	<p>3:30-4:30 5:30-6:30</p>	<p>11:15-12:00 (Tues. & Thurs.)</p>	<p>3:30-4:30</p>
<h2>FUNTASTICS</h2> <p>3 to 6 years old, Last Monday & Friday of month 120 minutes - Must register by 15th of month</p>	<p>9:30-11:30 Last Monday of the month 1/31, 2/28, 3/28, 4/25, 5/23</p>					<p>10:00-12:00 Last Friday of the month 1/28, 2/25, 3/25, 4/29, 5/27</p>
<h2>PICNIC PLAYDATES</h2> <p>1 to 6 years old Must register 3 days prior. Mom's Groups Welcome</p>	<p>11:30-1:00</p>				<p>11:30-1:00</p>	
<p>NEW for Session #4!</p>	<h2>TUMBLING CLASSES</h2> <p>NEW for Session # 4 Dance Tumbling ages 8 and up Cheer Tumbling ages 10 and up Martial Arts Tumbling all ages</p>		<p>Dance Tumbling</p> <p>5:30-6:30</p>	<p>Cheer Tumbling</p> <p>5:30-6:30</p>		<p>Martial Arts Tumbling</p> <p>4:30-5:30</p>



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