




Classes 2010-2011

Loudoun Gymnastics Class Schedule for Preschoolers Plus

Please call 703-444-9298 for class availability.

Preschool Students	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2010-2011
 <p>Mommy, Daddy & Me 18 months - 3 years old 45 minutes 10 weeks</p>	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	9:00-9:45am 9:45-10:30am	9:00-9:45am 10:00-10:45am 11:00-11:45am	<p>Sessions</p> <p>1) Sept. 6-Nov. 13 2) Nov. 15-Jan. 29 3) Jan. 31-April 9 4) April 11-June 18</p> <p>Summer Classes start June 26, 2011</p> <p>Birthday Celebrations at LGC! (90 minutes) Saturday Parties Start at: 1:00, 3:00 & 5:00</p> <p>Sunday Parties Start at: 11:00, 1:00 3:00 & 5:00</p>
 <p>Mini Bears 3 - 4 years old 45 minutes 10 weeks</p>	9:30-10:15am 10:30-11:15am 1:15-2:00pm 3:30-4:15pm 5:30-6:15pm 6:15-7:00pm	9:30-10:15am 10:30-11:15am 3:30-4:15pm 4:30-5:15pm	9:00-9:45am 9:45-10:30am 1:15-2:00pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm	9:30-10:15am 10:30-11:15am 1:15-2:00pm 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	9:00-9:45am 9:45-10:30am 1:15-2:00pm 4:30-5:15pm	9:00-9:45am 10:00-10:45am 11:00-11:45am 12:00-12:45pm	
 <p>Panda Bears 5 - 6 years old 60 minutes 10 weeks</p>	9:30-10:30am 10:30-11:30am 1:00-2:00pm 3:30-4:30pm 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	9:00-10:00am 10:00-11:00am 1:00-2:00pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:15am 10:30-11:15am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	9:00-10:00am 10:00-11:00am 1:00-2:00pm 4:30-5:30pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm 12:00-1:00pm	
LGC Class Schedule - Other							703-444-9298
Specialty Classes							
<p>Homeschool Age 6+ 60 minutes 10 weeks</p>	9:00-10:00am		9:00-10:00am		9:00-10:00am		<p>NEW! Supervised Family Open Gym and Teen & Team Open Gym Times!</p>
<p>NEW! Family Class 18months - 4 years /45 minutes 10 weeks</p>	10:30-11:15am	10:30-11:15am		10:30-11:15			
<p>Adult Class 18 & up 60 minutes 10 weeks/Drop In Fee</p>	7:30-8:30pm	7:00-8:00pm					

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* Please call 703-444-9298 to check availability of space in classes for registration and makeups.
We are located at 21586 Atlantic Boulevard, Bldg. # 130, Sterling, VA 20166 Phone: 703.444.9298
www.LoudounGymnastics.com Email us at: RecProgram@LoudounGymnastics.com



Classes 2010-2011



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	2010-2011
Girls Beginners 6 - 8 years old 60 minutes 10 weeks	3:30-4:30pm 4:30-5:30pm	3:30-4:30pm 4:30-5:30pm	3:30-4:30pm 5:30-6:30pm 6:30-7:30pm	3:30-4:30pm 5:30-6:30pm	3:30-4:30pm 4:30-5:30pm	9:30-10:30am 10:00-11:00am 11:00-12:00pm 12:00-1:00pm	Sessions 1) Sept. 6-Nov. 13 2) Nov. 15-Jan. 29 3) Jan. 31-April 9 4) April 11-June 18 Summer Classes start June 26, 2011
Girls Beginners Plus 9 years old & up 90 minutes 10 weeks		5:30-7:00pm		6:00-7:30pm	5:30-7:00pm	11:00-12:30pm	
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	4:30-6:00pm 5:30-7:00pm	9:00-10:30am 11:00-12:30pm	NEW at LGC! ATHLETIC CONDITIONING for ALL SORTS of SPORTS Middle & High School Students Welcome! <hr/> TOTAL BODY CONDITIONING GROUP TRAINING with BRIAN WRIGHT Call today for dates and times.
Girls Advanced* 6 years old & up 120 minutes 10 weeks	5:30-7:30pm			4:00-6:00pm	4:30-6:30pm	9:00-11:00am	
Boys 6 to 7 6 - 7 years old 60 minutes 10 weeks	4:00-5:00pm 5:30-6:30pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm 6:30-7:30pm	4:00-5:00pm	9:00-10:00am 10:00-11:00am	
Boys 8 and Up 8 & up 120 minutes 10 weeks			4:00-6:00pm			9:00am-11:00am	
Boys Advanced* 6 & up 120 minutes 10 weeks			4:00-6:00pm			9:00-11:00am	
Cheer Tumbling Beginners 6 years old & up 60 minutes 10 weeks	5:30-6:30pm			4:30-5:30pm		10:00-11:00am	
Cheer Tumbling Intermediate/Advanced* 6 years old & up 60 minutes 10 weeks		6:30-8:00pm		6:30-8:00pm		10:30-12:00pm	
Tumbling & Trampoline Beginners 6 years old & up 60 minutes 10 weeks	5:30-6:30pm	6:30-7:30pm	3:30-4:30pm	4:30-5:30pm		10:00-11:00am	
Tumbling & Trampoline Int./Adv.* 6 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		10:30-12:00pm	
High School Class 90 minutes 10 weeks		7:00-8:30pm				10:30-12:00pm	
Backhandspring Clinic 6 years old & up 60 minutes 10 weeks	3:30-4:30pm					11:00-12:00pm	

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

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