


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	9:00-9:45am 9:45-10:30am	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	9:30-10:15am 10:30-11:15am 1:15-2:00pm 3:30-4:15pm 4:30-5:15pm 6:30-7:15pm	9:00-9:45am 9:45-10:30am 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 3:30-4:30pm 4:30-5:30pm	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	Birthday Parties at LGC! (90 minutes) Tues. & Thurs. Parties Start at: 12:00 Saturday Parties Start at: 1:00, 3:00, 5:00 Sunday Parties Start at: 11:00, 1:00 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 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	9:30-10:30am 10:30-11:30am 1:00-2:00pm 3:30-4:30pm 4:30-5:30pm 5:30-6:30pm	9:00-10:00am 10:00-11:00am 1:00-2:00pm 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 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 3:30-4:30pm 6:30-7:30pm	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							 Ask about our Mom's Club & Playgroup OPEN GYM PLAYTIME Specials!
Home School Class Age 6+ 60 minutes 10 weeks		1:00-2:00pm		1:00-2:00pm			
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	4:00-5:00pm 5:00-6:00pm 6:00-8:00pm				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	7:30-8:30pm	7:00-8:00pm					
Open Gym Playtimes	Please see our website for dates and times! www.LoudounGymnastics.com						Rev.8.11.10

* 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

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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	3:30-4:30pm 4:30-5:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 6:30-7:30pm	3:30-4:30pm 4:30-5:30pm 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	9:30-10:30am 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		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	3:30-5:00pm 5:30-7:00pm 6:30-8:00pm	3:30-5:00pm 4:30-6:00pm	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	3:30-5:30pm 5:30-7:30pm	9:00-11:00am	
Boys Age 6 to 7 6 - 7 years old 60 minutes 10 weeks	4:00-5:00pm	4:00-5:00pm 5:00-6:00pm	4:00-5:00pm 6:30-7:30pm	4:00-5:00pm	4:30-5:30pm	10:00-11:00am	
Boys 8 & Up/ Boys Advanced 8 & up 120 minutes 10 weeks				4:30-6:30pm		9:00-11:00am	
Cheer Tumbling Beginners 6 years old & up/ 60 minutes 10 weeks			4:30-5:30pm 6:30-7:30pm	5:30-6:30pm	4:30-5:30pm	10:00-11:00am	
Cheer Tumbling Intermediate/Advanced* 6 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		10:30-12:00	
Tumbling & Trampoline Beginners 6 years old & up 60 minutes 10 weeks			4:30-5:30pm 6:30-7:30pm	5:30-6:30pm	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		10:30-12:00	
High School Class 90 minutes 10 weeks		7:00-8:30pm				10:30-12:00	
Backhandspring Clinic 6 years old & up 60 minutes 10 weeks	3:30-4:30pm	6:30-7:30pm			5:30-6:30pm	11:00am-12:00	

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

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

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