






# Summer Classes 2011

## LGC Summer Class Schedule

(Please call 703-444-9298 for class availability)

Summer 2011

Preschool Students	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>Mom, Dad &amp; Me</b> 18 months - 3 years old 45 minutes - 10 Weeks June 20- August 27</p>	11:00-11:45am	10:30-11:15am	10:00-10:45am	9:30-10:15am 10:30-11:15am		9:00-9:45am 9:45-10:30am 10:30-11:15am	<p><b>Birthday Parties at LGC!</b></p>  <p><b>Thursday</b> Starting at 12:00</p> <p><b>Saturday</b> Parties Start at 1:00, 3:00, 5:00</p> <p><b>Sunday</b> Parties Start at 11:00, 3:00, 5:00</p> <p>703-444-9298</p>
 <p><b>Mini Bears</b> 3 - 4 years old 45 minutes - 10 Weeks June 20 - August 27</p>	11:00-11:45am 4:30-5:15pm 5:30-6:15pm	9:30-10:15am 10:30-11:15am 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	10:00-10:45am 11:00-11:45am 4:45-5:30pm 5:30-6:15pm	9:30-10:15am 10:30-11:15am 4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	1:15-2:00pm	9:00-9:45am 9:45-10:30am 10:30-11:15am 11:15-12:00pm	
 <p><b>Panda Bears</b> 5 - 6 years old 60 minutes - 10 Weeks June 20 - August 27</p>	11:00-12:00pm 4:30-5:30pm 5:30-6:30pm	9:30-10:30am 10:30-11:30am 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	10:00-11:00am 11:00-12:00pm 4:30-5:30pm 5:30-6:30pm	9:30-10:30am 10:30-11:30am 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	1:15-2:15pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm	
Specialty Classes							
<p><b>Homeschool</b> Ages Vary 60 minutes 10 Weeks</p>			11:00-12:00pm				 <p><b>Open Gym</b> Tuesdays 12-1 Sundays 1-3</p>
<p><b>High School Class</b> 90 minutes 10 Weeks</p>	5:30-7:00pm			6:30-8:00pm			
<p><b>Adult Class</b> 18 &amp; up 60 minutes 10 Weeks</p>		7:00-8:00pm		7:00-8:00pm			

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LGC Summer 2011 TEN Week Session Starts the Week of June 20th and ends on August 27th.

\* 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: Office@LoudounGymnastics.com



# Summer Classes 2011

## LGC Summer Class Schedule

(Please call 703-444-9298 for class availability).

Summer 2011

Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Girls Beginners</b> 6 - 8 years old 60 minutes 10 weeks	4:30-5:30pm 5:30-6:30pm	9:30-10:30am 1:15-2:15pm 5:30-6:30pm 6:30-7:30pm	11:00-12:00am 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 1:15-2:15pm 5:30-6:30pm 6:30-7:30pm	1:15-2:15pm	9:00-10:00am 9:30-10:30am 10:30-11:30am 11:00-12:00pm
<b>Girls Beginners Plus</b> 9 years old & up 90 minutes 10 weeks	5:30-7:00pm	4:30-6:00pm 5:30-7:00	6:00-7:30pm			11:30-1:00pm
<b>Girls Intermediate*</b> 6 years old & up 90 minutes 10 weeks	4:30-6:00pm 5:30-7:00pm		4:30-6:00pm 6:00-7:30pm		1:15-2:45pm	9:00-10:30am 11:30-1:00pm
<b>Girls Advanced*</b> 6 years old & up 120 minutes 10 weeks	5:30-7:30pm	6:30-8:30pm		4:30-6:30pm		9:00-11:00am
<b>Boys Beginner</b> 60 minutes 10 weeks	4:30-5:30pm 5:30-6:30pm	1:15-2:15pm 5:30-6:30pm	6:30-7:30pm	9:30-10:30am 1:15-2:15pm 4:30-5:30pm		10:00-11:00am
<b>Boys Intermediate &amp; Advanced*</b> 90 minutes 10 weeks		1:15-2:45pm	5:30-7:00pm	1:15-2:45pm		11:00am-12:30pm
<b>Tumbling &amp; Trampoline Beginners</b> 6 years old & up 60 minutes 10 weeks	4:30-5:30pm	5:30-6:30pm	6:30-7:30pm	9:30-10:30am		10:00-11:00am
<b>Tumbling &amp; Trampoline Beginners Plus</b> 12 & up 90 minutes 10 weeks						
<b>Tumbling &amp; Trampoline Int./Adv.*</b> 6 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		9:00-10:30am
<b>CHEER BEARS</b> ages 3 to 5 45 min. 10 weeks - 2 times each week		11:15-12:00pm (Tues. & Thurs.)		11:15-12:00pm (Tues. & Thurs.)		
<b>CHEERTASTICS</b> 6 to 10 years old 60 min. 10 weeks	4:30-5:30pm		4:30-5:30pm			
<b>Cartwheel Clinic</b> 60 minutes 10 weeks						
<b>PICNIC PLAYDATES</b> 1 to 6 years old - Must register 3 days prior	12:00-1:30pm			12:00-1:30pm		
<b>NEW - TUMBLING CLASSES</b> Dance 8 and up, Cheer 10 and up, Martial Arts All		Dance Tumbling 5:30-6:30pm	Cheer Tumbling 5:30-6:30pm		Martial Arts Tumbling 1:15-2:15pm	
<b>Backhandspring Clinic</b> 6 years old & up 60 minutes 10 weeks		5:30-6:30pm 6:30-7:30pm			1:15-2:15pm	10:00-11:00am

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

**SUMMER  
2011**

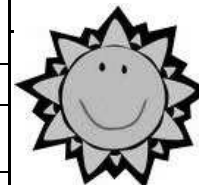
**BIRTHDAY  
Parties  
at LGC!  
(90 minutes)**



**Thursdays  
Starting at 12:00**

**Sunday  
Parties Start at:  
3:00 & 5:00**

**Sunday  
Parties Start at:  
11:00, 3:00  
& 5:00**



**Open Gym  
Tuesdays 12-1  
Sundays 1-3**

6.2.11

Summer Class schedule starts the week of June 20th and ends on August 27th for a total of ten weeks.