





# Summer Classes 2010

## LGC Summer Class Schedule for Preschoolers

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

Summer 2010

Preschool Students	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>Mom, Dad &amp; Me</b> 18 months - 3 years old 45 minutes - 9 Weeks June 28 - August 28</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>Saturday</b> Parties Start at 1:00, 3:00, 5:00</p> <p><b>Sunday</b> Parties Start at 11:00, 1:00, 3:00 5:00</p> <p><b>703-444-9298</b></p>
 <p><b>Mini Bears</b> 3 - 4 years old 45 minutes - 9 Weeks June 28 - August 28</p>	11:00-11:45am	9:30-10:15am 10:30-11:15am	10:00-10:45am 11:00-11:45am	9:30-10:15am 10:30-11:15am	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 - 9 Weeks June 28 - August 28</p>	11:00-12:00pm	9:30-10:30am 10:30-11:30am	10:00-11:00am 11:00-12:00pm	9:30-10:30am 10:30-11:30am	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 9 Weeks</p>			11:00-12:00pm				<p><b>SUMMER Half and Full Day Camp Available!</b></p>
<p><b>High School Class</b> 90 minutes 9 Weeks</p>	5:30-7:00pm			6:30-8:00pm			
<p><b>Adult Class</b> 18 &amp; up 60 minutes 9 Weeks</p>		7:00-8:00pm		7:00-8:00pm			

LGC Summer 2010 NINE Week Session Starts the Week of June 28th and ends the Week of August 23rd.

\* 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



# Summer Classes 2010

## LGC Summer Class Schedule for Ages 6 and Up *(Please call 703 -444-9298 for class availability).*

Summer 2010

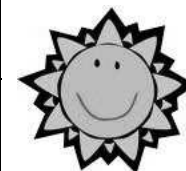
Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Girls Beginners</b>  6 - 8 years old 60 minutes 9 weeks	4:30-5:30pm 5:30-6:30pm	9:30-10:30am 1:15-2:15pm 5:30-6:30pm 6:30-7:30pm	11:00-12:00am 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	9:30-10:30am 1:15-2:15pm 5:30-6:30pm 6:30-7:30pm	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 9 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 9 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 9 weeks	5:30-7:30pm	6:30-8:30pm		4:30-6:30pm		9:00-11:00am
<b>Boys 6 to 7</b> 6 - 7 years old 60 minutes 9 weeks	4:30-5:30pm 5:30-6:30pm	1:15-2:15pm 5:30-6:30pm	6:30-7:30pm	9:30-10:30 1:15-2:15pm 4:30-5:30pm		10:00-11:00am
<b>Boys 8 and Up</b> 8 & up 90 minutes 9 weeks		1:15-2:45pm		1:15-2:45pm 5:30-7:00pm		11:00am-12:30pm
<b>Boys Advanced*</b> 6 & up 120 minutes 9 weeks				5:30-7:30pm		11:00-1:00pm
<b>Cheer Tumbling Beginners</b> 6 years old & up 60 minutes 9 weeks		5:30-6:30pm		9:30-10:30am		
<b>Cheer Tumbling Intermediate/Advanced*</b> 6 years old & up 90 minutes 9 weeks				6:30-8:00pm		9:00-10:30am
<b>Tumbling &amp; Trampoline Beginners</b> 6 years old & up 60 minutes 9 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 Int./Adv.*</b> 6 years old & up 90 minutes 9 weeks	5:30-7:00pm			6:30-8:00pm		9:00-10:30am
<b>Backhandspring Clinic</b> 6 years old & up 60 minutes 9 weeks				5:30-6:30pm 6:30-7:30pm	1:15-2:15pm	10:00-11:00am



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

**Saturday Parties Start at:**  
1:00, 3:00, 5:00

**Sunday Parties Start at:**  
11:00, 1:00, 3:00  
5:00



**SUMMER HALF & FULL DAY CAMP AVAILABLE!**

**Trial Classes are \$15.00**

5.12.10v1

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

LGC Summer 2010 NINE Week Session Starts the Week of June 28th and ends the Week of August 23rd.

\* 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

