


# Loudoun Gymnastics Class Schedule

Please call 703-444-9298 for class availability.




Classes 2011-2012



Preschool Students	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2011-2012 Sessions
 <b>Mommy, Daddy &amp; Me</b> 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. 6 - Nov. 12 2) Nov. 13 - Jan. 21 3) Jan. 22 - March 31 4) April 2 - June 9
 <b>Mini Bears</b> 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	<b>Birthday Parties at LGC!</b>  <b>Saturday Parties Start at: 1:00, 3:00, 5:00</b> <b>Sunday Parties Start at: 11:00, 3:00, 5:00</b> 703-444-9298
 <b>Panda Bears</b> 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
<b>Home School Class</b> 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. 06/22/11
<b>Family Class</b> 18months - 4 years /45 minutes 10 weeks	10:30-11:15am	10:30-11:15am		10:30-11:15am			
<b>Hour of Power</b> (Sports Conditioning) Ages 12 and Up - 10 week class	5:00-6:00pm 7:00-8:00pm				4:00-5:00pm		
<b>Total Body Conditioning Class</b> Ages 15 and Up (5 class packages available)	5:00-6:00pm						
<b>Adult Class</b> 18 & up 60 minutes 10 weeks/Drop In Fee	8:00-9:00pm			8:00-9:00pm			
<b>Open Gym Playtimes</b> Please see our website for dates and times! <a href="http://www.LoudounGymnastics.com">www.LoudounGymnastics.com</a>							

\* Please call 703-444-9298 to check availability of space in classes for registration and makeups.  
 We are located at 21586 Atlantic Boulevard, Bldg. 110& 130, Sterling, VA 20166 Phone: 703.444.9298



# ★ Loudoun Gymnastics Class Schedule

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Classes for Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2011-2012 Sessions
<b>Girls Beginners</b> 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. 6 - Nov. 12 2) Nov. 13 - Jan. 21 3) Jan. 22 - March 31 4) April 2 - June 9
<b>Girls Beginners Plus</b> 9 years old & up 90 minutes 10 weeks		5:30-7:00pm		4:30-6:00pm 6:00-7:30pm		11:00-12:30pm	<b>WHY GYMNASTICS?</b>  Gymnastics Improves Strength & Power  Develops Coordination & Flexibility  Helps You Learn the Fundamentals of Movement  Helps You to Develop Skills to help with Other Sports!
<b>Girls Intermediate*</b> 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	
<b>Girls Advanced*</b> 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	
<b>Boys Beginner</b> 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	
<b>Boys Beginner Plus</b> 9 & up 90 minutes 10 weeks		5:30-7:00pm		6:00-7:30pm			
<b>Boys Intermediate/Advanced *</b> 6 & up 120 minutes 10 weeks				4:30-6:03pm		9:00-11:00am	
<b>Tumbling &amp; Trampoline Beginners</b> 6-11 years old 60 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 pm	10:00-11:00am	
<b>Tumbling &amp; Trampoline Beginners Plus</b> 12 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		11:00-12:00pm	
<b>Tumbling &amp; Trampoline Int./Adv.*</b> 6 years old & up 90 minutes 10 weeks	5:30-7:00pm			6:30-8:00pm		11:00-12:30pm	
<b>High School Class</b> 60 minutes 10 weeks	8:00-9:00pm			8:00-9:00pm			
<b>Backhandspring Clinic</b> 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. 06.22.11

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





# Loudoun Gymnastics Programs!

Please call 703 -444-9298 for class availability.

NEW Programs at LGC!	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CHEER BEARS</b> 3 to 5 year olds 45 minutes 10 weeks - TWO times a week</p>	11:15-12:00 (Mon. & Wed)	11:15-12:00 (Tues. & Thurs.)	11:15-12:00 (Mon. & Wed)	11:15-12:00 (Tues. & Thurs.)	
 <p><b>CHEERTASTICS</b> 6 to 10 year olds 60 minutes 10 weeks - Once a week</p>	4:30-5:30	5:30-6:30	3:30-4:30 5:30-6:30	4:30-5:30	3:30-4:30
 <p><b>FUNTASTICS</b> 3 to 6 years old, Last Monday &amp; Friday of month 120 minutes - Must register by 15th of month</p>	9:30-11:30 <u>Last Monday</u> of the month				10:00-12:00 <u>Last Friday</u> of the month
 <p><b>PICNIC PLAYDATES</b> 1 to 6 years old Must register 3 days prior. Mom's Groups Welcome</p>	11:30-1:00			11:30-1:00	
 <p><b>TUMBLING CLASSES</b> <u>Fall 2011</u> Dance Tumbling ages 8 and up Cheer Tumbling ages 10 and up Martial Arts Tumbling all ages</p>		 Dance Tumbling 5:30-6:30	 Cheer Tumbling 5:30-6:30		 Martial Arts Tumbling 4:30-5:30