

April

**GYMNASTICS  
SCHEDULE**

(APRIL 1 - 30)



**PRIORITY REGISTRATION:**

**TUESDAY, MARCH 16 AT 7PM**

(RESERVED FOR MARCH GYMNASTICS PARTICIPANTS & CURRENT MEMBERS)

**GENERAL REGISTRATION:**

**THURSDAY, MARCH 18 AT 7PM**

**PRESCHOOL PROGRAMS (AGES 18 MONTHS - 6 YEARS)**

PROGRAM	NOTES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PARENT AND ME</b> 18 MONTHS - 3.5 YEARS	CLASS LENGTH: 45 MINS NO PARENT VIEWING IS PERMITTED AT THIS TIME AS PER AHS GUIDELINES ONLY ONE PARENT/GUARDIAN IS PERMITTED ENTRY INTO THE FACILITY AND WILL BE REQUIRED TO ACTIVELY ASSIST THE PARTICIPANT IN THE GYM FOR THE DURATION OF THE CLASS.	12:45PM 2:00PM	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM (2 CLASSES)	9:00AM 10:15AM 11:30AM (2 CLASSES)	12:45PM 2:00PM 6:45PM	9:00AM (2 CLASSES) 10:15AM (2 CLASSES)
<b>GYMKIDS</b> AGES 3-6	CLASS LENGTH: 45 MINS NO PARENT VIEWING IS PERMITTED AT THIS TIME AS PER AHS GUIDELINES <b>ALL GYMKIDS MUST BE ACCOMPANIED INTO THE GYM BY A PARENT/GUARDIAN WHO WILL BE REQUIRED TO ASSIST IN MAINTAINING THE REQUIRED 3M DISTANCING DURING THE CLASS</b>	12:45PM 2:00PM	9:00AM (2 CLASSES) 10:15AM (2 CLASSES) 11:30AM (2 CLASSES)	9:00AM (2 CLASSES) 10:15AM (2 CLASSES) 11:30AM (2 CLASSES)	9:00AM 10:15AM 11:30AM (2 CLASSES)	12:45PM 2:00PM 6:45PM (2 CLASSES)	9:00AM (2 CLASSES) 10:15AM (2 CLASSES)

**RECREATIONAL PROGRAMS (AGES 5+)**

PROGRAM	NOTES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEGINNER GYMNASTICS</b>	AGES 5+ CLASS LENGTH: 1.25 HOURS EQUIVALENT TO PRE-GYM360 & GYM360 LEVELS 1 & 2	5:00PM	5:00PM	5:00PM (2 CLASSES) 6:45PM	5:00PM 6:45PM	3:15PM (2 CLASSES) 5:00PM	11:30AM 1:15PM
<b>INTERMEDIATE GYMNASTICS</b>	AGES 6+ CLASS LENGTH: 1.25 HOURS EQUIVALENT TO GYM360 LEVELS 3-5	5:00PM 6:45PM	6:45PM	5:00PM 6:45PM	5:00PM 6:45PM	5:00PM (2 CLASSES)	11:30AM 1:15PM (2 CLASSES)
<b>ADVANCED GYMNASTICS</b>	AGES 7+ CLASS LENGTH: 1.25 HOURS EQUIVALENT TO GYM360 LEVELS 6-10	6:45PM	5:00PM 6:45PM	6:45PM	X	X	11:30AM X
<b>PARKOUR GYM</b>	AGES 8+ CLASS LENGTH: 1.25 HOURS BEGINNER: FOR ANYONE INT/ADV: MASTERED KONG, HANDSTAND AND LONGSWING	X	X	X	5:00PM (BEGINNER) 6:45PM (INT/ADV)	X	X
<b>ACRO AND TUMBLING FOR DANCE AND CHEER</b>	AGES 6+ CLASS LENGTH: 1.25 HOURS BEGINNER: BRIDGE AND CARTWHEEL MASTERED INT/ADV: MASTERED ROUNDOFF, READY FOR AERIALS AND BACK	X	5:00PM (BEGINNER) 6:45PM (INT/ADV)	X	X	X	X
<b>TRAMPOLINE AND TUMBLING</b>	AGES 7+ CLASS LENGTH: 1.25 HOURS	5:00PM	X	X	X	X	X
<b>TEEN GYM</b>	AGES 10+ CLASS LENGTH: 1.25 HOURS	6:45PM	X	X	X	X	X
		CLASS DATES: APRIL 5, 12, 19, 26	CLASS DATES: APRIL 6, 13, 20, 27	CLASS DATES: APRIL 7, 14, 21, 28	CLASS DATES: APRIL 1, 8, 15, 22, 29	<b>NO CLASSES APRIL 2 - GOOD FRIDAY</b> CLASS DATES: APRIL 9, 16, 23, 30	CLASS DATES: APRIL 3, 10, 17, 24

**IMPORTANT INFORMATION - PLEASE READ CAREFULLY BEFORE REGISTERING**

NO ANNUAL MEMBERSHIPS ARE REQUIRED FOR OUR CURRENT MONTH TO MONTH SCHEDULE  
PRICING VARIES BASED ON PROGRAM OFFERING AND CLASS DAY. ALL PRICING INFORMATION IS AVAILABLE IN OUR ONLINE REGISTRATION PORTAL AS PER AHS GUIDELINES. NO PARENT VIEWING IS PERMITTED AT THIS TIME

EACH STUDENT MUST COMPLETE A DAILY SCREENING CHECKLIST BEFORE BEING PERMITTED ENTRY TO THE FACILITY  
ALL STUDENTS MUST ADHERE TO 3 METER DISTANCING REQUIREMENT AND WEAR A FACE COVERING WHEN NOT INVOLVED IN PHYSICAL ACTIVITY  
OUR COACHES WILL NOT PERFORM LEVELS/SKILLS TESTING OR COMPLETE REPORT CARDS/CERTIFICATES UNTIL FURTHER NOTICE  
NO MAKE UP CLASSES. NO MULTI-CLASS OR SIBLING DISCOUNTS AT THIS TIME

PLEASE READ OUR MONTHLY PROGRAMMING CANCELLATION AND REFUND POLICIES ON OUR WEBSITE