



May
GYMNASTICS
SCHEDULE
(MAY 1 – 31)



PRIORITY REGISTRATION:
TUESDAY, APRIL 20 AT 7PM

(RESERVED FOR MARCH AND/OR APRIL GYMNASTICS PARTICIPANTS & CURRENT MEMBERS)

GENERAL REGISTRATION:
THURSDAY, APRIL 22 AT 7PM

PRESCHOOL PROGRAMS (AGES 18 MONTHS – 6 YEARS)

PROGRAM	NOTES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARENT AND ME 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 (2 CLASSES) 11:30AM	9:00AM 10:15AM 11:30AM	12:45PM 2:00PM 6:45PM	9:00AM (2 CLASSES) 10:15AM (2 CLASSES)
GYMKIDS AGES 3-6	CLASS LENGTH: 45 MINS NO PARENT VIEWING IS PERMITTED AT THIS TIME AS PER AHS GUIDELINES 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	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 (2 CLASSES) 10:15AM (2 CLASSES) 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
BEGINNER GYMNASTICS	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
INTERMEDIATE GYMNASTICS	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)
ADVANCED GYMNASTICS	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
PARKOUR GYM	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
ACRO AND TUMBLING FOR DANCE AND CHEER	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
TRAMPOLINE AND TUMBLING	AGES 7+ CLASS LENGTH: 1.25 HOURS	5:00PM	X	X	X	X	X
TEEN GYM	AGES 10+ CLASS LENGTH: 1.25 HOURS	6:45PM	X	X	X	X	X
		NO CLASSES MAY 24 (VICTORIA DAY) CLASS DATES: MAY 3, 10, 17, 31	CLASS DATES: MAY 4, 11, 18, 25	CLASS DATES: MAY 5, 12, 19, 26	CLASS DATES: MAY 6, 13, 20, 27	CLASS DATES: MAY 7, 14, 21, 28	NO CLASSES MAY 22 (MAY LONG WEEKEND) CLASS DATES: MAY 1, 8, 15, 29

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