



Fall 2019 Competitive Team Schedules: Gymnastics & Trampoline/Tumbling Effective August 12th

Quality Family Programs in a Christian Environment www.lisgym.com 615-369-3547

Women's J.O. Competitive Team

Matt.Baker@lisgym.com



<u>Compulsories</u>		<u>Optional</u>
Level 2	\$223.00	Levels 6-7 \$360.00
Tuesday 4:15 - 6:45		Monday 4:00 - 8:00 PM
Wednesday 4:15 - 6:45 PM		Wednesday 4:00 - 8:00 PM
Saturday 11:30 - 2:30 PM		Friday 4:00 - 7:00 PM
*Annual Team Fee: \$60		Saturday 8:00 - 12:00 PM
		*Annual Team Fee: \$95
Level 3	\$304.00	Levels 8-10 \$416.00
Tuesday 6:00-8:30 PM		Monday 4:00 - 8:00 PM
Thursday 4:30 - 8:30 PM		Tuesday 4:00 - 8:30 PM
Saturday 8:30 - 12:00 PM		Thursday 4:00-8:30 PM
*Annual Team Fee: \$75		Friday 4:00 - 7:00 PM
		Saturday 8:00 - 12:00 PM
		*Annual Team Fee: \$95
Level 4-5	\$336.00	Home School
Monday 4:30 - 8:30 PM		Monday 12:00 - 4:00 PM
Wednesday 4:30 - 8:30 PM		Friday 1:00 - 4:00 PM
Friday 4:30 - 8:30 PM		
* Annual Team Fee: \$85		



Women's Xcel Team

Megan.Slowey@lisgym.com

<u>Silver</u>	\$180.00	<u>Platinum & Diamond</u>	\$391.44
Tuesday 4:00-7:30 & Saturday 12:30-3:30 PM		Monday & Wednesday 5:00-8:30	
OR		Friday 4:30-8:00 PM	
Thursday 4:00-7:30 & Saturday 12:00-3:00 PM		Saturday 9:00-12:30 Optional Practice	
<u>Homeschool</u>	\$148.00	<u>Gold</u>	\$293.58
Tuesday 12:00 - 2:30 PM		Tuesday, Thursday 4:00-7:30	
Thursday 12:00 - 2:30 PM		Friday 4:30-8:00 PM	
		*Annual Team Fee: \$50	



Pre-Team Training

Kyra.Upshur@lisgym.com

<u>Hot Shots</u>	\$106.00	<u>Devo</u>	\$123.00	<u>Mighty Mites</u>	\$156.00
Monday 4:15-5:55 PM		Tuesday & Thursday 4:15-5:55 PM		Tuesday & Thursday 6:00-8:00 PM	
Or		OR		*Annual Team Fee: \$50	
Wednesday 4:15 - 5:55 PM		Monday & Wednesday 6:00-7:40 PM			



Fall 2019 Competitive Team Schedules: Men's Gymnastics & Trampoline/Tumbling

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Men's J.O. Competitive Team

Jeremy.Morvai@lisgym.com

Level 3 \$126.00

Wednesday 5:00 - 6:30 PM

Friday 5:00-6:30 PM

*Annual Team Fee: \$50

Level 4 \$279.72

Tuesday 5:00-8:00 PM

Wednesday 5:00 - 8:00 PM

Friday 4:30 - 7:30 PM

*Annual Team Fee: \$65

Levels 8-10 \$369.28

Monday 4:00 - 8:00 PM

Tuesday 4:00 - 8:00 PM

Thursday 4:00 - 8:00 PM

Friday 4:00 - 8:00 PM

*Annual Team Fee: \$85

Level 5 \$311.04

Monday 4:30 - 8:30 PM

Wednesday 4:30 - 8:30 PM

Thursday 4:30 - 8:30 PM

* Annual Team Fee: \$75

Levels 6-7 \$369.28

Monday 4:30 - 8:30 PM

Wednesday 4:30 - 8:30 PM

Thursday 4:30 - 8:30 PM

Saturday 8:00 - 12:00 PM

*Annual Team Fee: \$85



Trampoline & Tumbling Team

Courtney.Loe@lisgym.com

USAG

Red \$175.68

Wednesday & Friday 4:30-6:00 PM

*Annual Team Fee: \$60

Orange \$175.68

Tuesday & Thursday 4:30-6:00 PM

*Annual Team Fee: \$60

Yellow \$176.64

Monday & Wednesday 5:45-7:45 PM

*Annual Team Fee: \$60

Green \$176.64

Tuesday & Thursday 6:00-8:00 PM

* Annual Team Fee: \$60

Blue & Indigo \$254.16

Monday, Tuesday & Thursday 4:00-6:00 PM

*Annual Team Fee: \$60

Purple \$280.00

Monday & Wednesday 3:30-6:00 PM

Tuesday & Thursday 5:30-8:00 PM

*Annual Team Fee: \$65



USTA

Pre-Team

\$106.20

Monday & Wednesday 4:30-6:00

Junior \$70.80 Per Day

Monday 4:30-6:30 PM

Tuesday 4:30-6:30 PM

Wednesday 4:30-6:30 PM

Thursday 4:30-6:30 PM

Senior \$62.16 Per Day

Monday 6:30-8:30 PM

Tuesday 6:30-8:30 PM

Wednesday 6:30-8:30 PM

Thursday 6:30-8:30 PM

* Annual Team Fee: \$75

Conditioning Class \$35

Friday 4:30 -6:00 PM