



ADULT GYMNASTICS

(1½ Hours)

Saturday: 10:30 AM - 12:00 PM

BRONZE

(Girls (5+) Beginner Class - 55 Min)

Monday: 4:00 PM - 5:00 PM

4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

5:30 PM - 6:30 PM

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

Tuesday: 4:00 PM - 5:00 PM

4:30 PM - 5:30 PM

5:00 PM - 6:00 PM

6:00 PM - 7:00 PM

6:30 PM - 7:30 PM

7:00 PM - 8:00 PM

Wednesday: 4:00 PM - 5:00 PM

4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

5:30 PM - 6:30 PM

6:30 PM - 7:30 PM

7:00 PM - 8:00 PM

Thursday: 4:00 PM - 5:00 PM

4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

5:30 PM - 6:30 PM

6:00 PM - 7:00 PM

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

SILVER

(Girls Intermediate Class - 1½ Hours)

Monday: 5:30 PM - 7:00 PM

Tuesday: 6:00 PM - 7:30 PM

Wednesday: 4:00 PM - 5:30 PM

6:00 PM - 7:30 PM

Thursday: 6:00 PM - 7:30 PM

6:30 PM - 8:00 PM

HOME SCHOOL P.E.

(Ages 3 - 14 Years Olds)

Boys: 2:00 PM - 3:00 PM

Advanced: 2:00 PM - 4:00 PM

Munchkin: 3:00 PM - 3:45 PM

Bronze: 3:00 PM - 4:00 PM

TUMBLING CLASS

(1½ Hours)

Monday: 6:30 PM - 8:00 PM

Tuesday: 6:30 PM - 8:00 PM

Wednesday: 6:30 PM - 8:00 PM

Thursday: 6:30 PM - 8:00 PM

BOYS BEGINNER

(Boys (5+) Beginner Class - 55 Min)

Monday: 4:00 PM - 5:00 PM

Tuesday: 4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

6:00 PM - 7:00 PM

Thursday: 4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

6:00 PM - 7:00 PM

BOYS INTERMEDIATE

(Boys Advanced Class - 1½ Hours)

Tuesday: 5:00 PM - 6:30 PM

Thursday: 5:00 PM - 6:30 PM

HOT SHOTS

(Girls Invited Class - 1½ Hours)

(Recommended Two Times Per Week)

Monday: 4:00 PM - 5:30 PM

Tuesday: 5:00 PM - 6:30 PM

Wednesday: 10:30 AM - 12:00 PM

4:00 PM - 5:30 PM

Thursday: 4:00 PM - 5:30 PM

Friday: 4:00 PM - 5:30 PM

(Must be 2nd day)

ADVANCED

(Non-Competitive - 2 Hours)

Tuesday: 4:00 PM - 6:00 PM

Wednesday: 6:00 PM - 8:00 PM

Thursday: 4:00 PM - 6:00 PM

Friday: 4:00 PM - 6:00 PM

GIRL'S TEAM - LEVEL 2 & 3

(Competitive Only)

Monday: 4:00 PM - 7:00 PM

Wednesday: 4:00 PM - 6:00 PM

Friday: 4:00 PM - 8:00 PM

Saturday: 9:00 AM - 1:00 PM

GIRL'S TEAM - LEVEL 4 & 5

(Competitive Only)

Mon/Wed/Fri: 4:00 PM - 8:00 PM

Saturday: 9:00 AM - 1:00 PM

GIRL'S TEAM - LEVEL 6+

(Competitive Only)

Mon/Wed/Fri: 4:00 PM - 8:00 PM

Tuesday: 6:00 PM - 8:00 PM

Saturday: 9:00 AM - 1:00 PM

BABY GYM

(Ages 6 Months - 18 Months - 30 Min)

Saturday 10:00 AM - 10:30 AM

No Charge ~ Dates TBA

PARENT & TOT CLASSES

(Ages 18 Months - 3 Years Old - 30 Min)

Monday: 5:40 PM - 6:10 PM

Tuesday: 9:30 AM - 10:00 AM

10:30 AM - 11:00 AM

5:40 PM - 6:10 PM

Wednesday: 9:30 AM - 10:00 AM

5:40 PM - 6:10 PM

Thursday: 9:30 AM - 10:00 AM

10:30 AM - 11:00 AM

5:40 PM - 6:10 PM

MIGHTY MUNCHKINS

(Ages 3 - 5 Years Old - 45 Min)

Monday: 3:50 PM - 4:35 PM

4:45 PM - 5:30 PM

6:15 PM - 7:00 PM

7:10 PM - 7:55 PM

Tuesday: 9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

3:50 PM - 4:35 PM

4:45 PM - 5:30 PM

6:15 PM - 7:00 PM

7:10 PM - 7:55 PM

Wednesday: 9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

3:50 PM - 4:35 PM

4:45 PM - 5:30 PM

6:15 PM - 7:00 PM

7:10 PM - 7:55 PM

Thursday: 9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

3:50 PM - 4:35 PM

4:45 PM - 5:30 PM

6:15 PM - 7:00 PM

7:10 PM - 7:55 PM

7:10 PM - 7:55 PM

KID'S PROGRAM

(Ages 3 - 5 Years Olds - 3 Hour Morning Class)

****Must be potty trained.****

Monday-Friday: 9:00 AM - 12:00 PM

Call for your desired day(s)!

Classes are available on a first come, first serve basis. We offer "rolling enrollment" so that you may enroll all year long. **MOST** classes (Bronze, Boy's Beginner and Mighty Munchkins) are grouped in a 6:1 student/teacher ratio. Tumbling, Hot Shots, Silver and Advanced classes are grouped according to students' abilities and program guidelines. Classes will be added when desired slots have been filled and some classes may be cancelled when there is not sufficient enrollment.

Once a month, from September through May, we offer a "Saturday Gym" for a fantastic Saturday! "Saturday Gym" is an excellent opportunity for gymnasts to come in and have an extra workout or to make-up a missed class. "Saturday Gym" is normally held on the first or second Saturday of the month. There are exceptions with holidays so be sure to pick up a newsletter monthly to take advantage of this event.

Additional Classes: Please check with Ms. Jeanne in the office or your child's coach about adding a class or extending class time in the gym. Parents and coaches can recognize a child's enjoyment and progress in the sport and can help determine if it's time for an additional gymnastics class. We try to take time to talk with parents before and after class; however, if it's a hectic day, please call or schedule an appointment and we will be happy to set up the best arrangement for your child.

Please refer to our "Rules and Policies" for any questions you may have concerning the gym. Please feel free to call the office (252-393-7778) for further information. Our regular office hours are **Monday through Thursday from 4:00 PM - 8:00 PM.**

Emergency Closings: During extreme weather, snow and hurricanes, we follow the Carteret County School System's weather announcements. When in question, please check our website at www.cedarpointgymnastics.com or follow us on Facebook.