

Gymnastics Effective: May 30, 2017

565 S. Lakeview Dr. Unit 101
 Lake Helen, FL 32744
volusiaacademy@gmail.com

Create an account on our website so we
 can schedule your child a free trial class.
www.volusiagymnastics.com



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	3:35-4:30 Shining Stars (7&up)		3:35-4:30 Shining Stars (7&up)	3:30-4:30 Pre-Team Conditioning (7 yrs and up)	9:05-10:00 Tiny Rockets (3-4 yr olds)
3:35-4:30 Boys Class (Ages 6-10))	3:30-5:00 Competitive Level 1	3:35-4:30 Shining Stars (7 & up)	3:30-5:00 Competitive Level 1	3:30-5:00 Pre-Team Conditioning (4-6 y/o)	10:05-11:00 Rising Stars (5-6 yr olds)
3:30-5:00 Competitive Level 1	4:30-6:30 Competitive Level 2	3:30-5:00 Pre-Team (4-6yr olds)	4:35-5:30 Rising Stars (5-7yr olds)	4:00-7:30 Competitive Level 3	11:05-12:00 Open Gym Students:\$3.00 Non-students: \$5.00 Team- No Charge
4:35-5:30 Tumbling Progression I (8-11yrs old)	4:35-5:30 Tiny Rockets (3-4yr olds)	3:35-4:30 Tiny Rockets (3-4yr olds)	4:30-6:30 Competitive Level 2 4:30-7:30 Competitive Level 4	4:30-7:30 Competitive Level 2 5:00-7:00 Excel Silver Team	Open Gym is a great way to work on newly learned skills and have fun at the same time.
4:35-5:30 Rising Stars (5-7yr olds) *Intermediate	4:35-5:30 Rising Stars (5-7yr olds)	4:00-7:30 Competitive Level 3	5:00-8:00 Excel Gold Team 5:35-6:30 Shining Stars		
4:30-7:30 Competitive Level 4 4:30-7:30 Competitive Level 3	4:30-7:30 Competitive Level 4 5:00-8:00 Excel Gold Team	4:00-7:30 Competitive Level 4	5:35-6:30 Tiny Rockets (3-4yr olds)		
5:00-7:00 Excel Silver Team 5:00-8:00 Excel Gold Team	5:35-6:30 Tiny Rockets (3-4 yr olds)	4:35-5:30 Tumbling Prog I (6-8yrs old)	6:35-7:30 Shining Stars (7&up)	Class Descriptions: Tiny Rockets: Children will learn the basics of all the gymnastics events including vault, bars, beam and floor with lots of obstacle fun. They will also learn to stand in line, take turns, and play together.	
5:35-6:30 Tiny Rockets (3-4yr olds)	5:35-6:30 Shining Stars (7&up) * Intermediate	5:00-7:00 Excel Silver Team 5:00-8:00 Pre-Team (7yrs and up)		Rising Stars: Children will learn how to follow directions in a fun and structured environment. They will be introduced to more gymnastics basics and exciting fundamental skills on the vault, bars, beam and floor in a positive learning atmosphere.	
5:35-6:30 Shining Stars (7 & up) * Intermediate	6:35-7:30 Rising Stars (5-7yrs old)	5:00-8:00 Excel Gold Team 5:35-6:30 Rising Stars (5-7yr olds)		Shining Stars: Students will be taught the understanding of the basics on the gymnastics events including vault, bars, beam, floor and will be introduced to or continue to build their basic gymnastics skills. They will learn, handstands, cartwheels, round offs, walkovers and much more. All students will also will work on strength and flexibility.	
6:35-7:30 Shining Stars (7 & up)	6:35-7:30 Shining Stars (7&up)	5:35-6:30 Shining Stars (7&up)		Tumbling progressions: This class is designed for students only interested in tumbling. This is a great class for students that need to prepare for cheer try-outs or just want to focus on tumbling skills.	

Level I classes indicate little or no gymnastics experience
 Level II classes require coach approval for placement
 Pre-Team and Team are by invitation only to athletes
 who want to train at a competitive level.

Pre-competitive: This class is by invitation only to athletes who show ability to be asked to the Competitive team.
Competitive: This is a challenging program for students that want to train at a competitive level. Our competitive team competes with the USA Gymnastics organization from level 1-10.