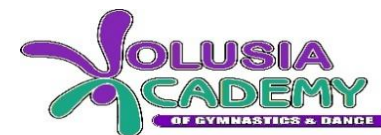


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Create an account on our website so we  
can schedule your child a free trial class.  
[www.volusiagymnastics.com](http://www.volusiagymnastics.com)

386-228-0917



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3:35-4:30 Rising Stars (5-7 yr olds)	3:35-4:30 Tiny Rockets (3-4yr olds)	2:35-3:25 Open gym On Early Release Days Only	3:35-4:30 Shining Stars (7&up) 3:35-4:30 Rising Stars (5-7yrols)	3:30-5:00 Pre-Team Conditioning (4-7 y/o)	9:05-10:00 Tiny Rockets (3-4 yr olds)
3:30-5:00 Competitive Level 1	3:30-5:00 Competitive Level 1	3:35-4:30 Tiny Rockets (3-4yr olds) 3:30-5:00 Pre-Team (4-7yr olds)	3:30-5:00 Competitive Level 1	5:00-7:30 Competitive Level 2	10:05-11:00 Mommy & Me
4:35-5:30 Tumbling Progression I (6-11 yrs old)	5:00-7:30 Competitive Level 2	4:35-5:30 Advance (Invite Only)	4:35-5:30 Rising Stars (5-7yr olds)	Open Gym 6:00-7:00	11:05-12:00 Open Gym Students: \$3.00 Non-students: \$5.00 Team- No Charge
4:35-5:30 Rising Stars (5-7yr olds)	4:35-5:30 Advance (Invite Only)	4:35-5:30 Mommy & Me	4:35-5:30 Advance (invite only)		Open Gym is a great way to work on newly learned skills and have fun at the same time.
5:00-7:30 Competitive XCEL	5:00-7:30 Competitive Xcel	5:35-6:30 Rising Stars (5-7yr olds)	5:00-7:30 Competitive Level 2	<b><u>Class Descriptions:</u></b> <b><u>Tiny Rockets:</u></b> 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.  <b><u>Rising Stars:</u></b> 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.  <b><u>Shining Stars:</u></b> 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.  <b><u>Tumbling progressions:</u></b> 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. <b><u>Advance:</u></b> This class is by invitation only to athletes who are above level but do not want to compete or are not ready for the next level.  <b><u>Pre-competitive:</u></b> This class is by invitation only to athletes who show ability to be asked to the Competitive team. <b><u>Competitive:</u></b> 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.  <b><u>Recreational Cheer:</u></b> Fundamentals of cheer including stunting, jumps, and tumbling.  <b><u>Mommy And Me:</u></b> 18 months to 3 year class involving parent and child. Body movement and body awareness focused.	
5:35-6:30 Rec. Cheer	5:35-6:30 Tiny Rockets (3-4 yr olds)	5:35-6:30 Shining Stars (7&up)	5:00-7:30 Competitive XCEL		
5:35-6:30 Tiny Rockets (3-4yr olds)	5:35-6:30 Shining Stars (7&up)	5:35-6:30 Ninja Fit	5:35-6:30 Tiny Rockets (3-4yr olds) 5:35-6:30 Shining Stars (7 & up)		
5:35-6:30 Shining Stars (7 & up)	5:35-7:30 Rising Stars (5-7yrs old)	5:35-7:30 Rec Cheer	5:35-6:30 Rising Stars (5-7 yr olds)		
5:35-6:30 Advance (Invite only)					
6:35-7:30 Cheer Tumbling	6:35-7:30 Shining Stars (7&up)  6:35-7:30 Rec Cheer	6:35-7:30 Shining Stars (7&up)  6:35-7:30 Tumbling (8 yrs & Up) Intermediate	6:35-7:30 Shining Stars (7&up)		
6:35-7:30 Rec. Cheer (7 & up)	6:35-7:30 Rising Stars (5-7yr olds)	6:35-7:30 Advance (Invite only)	6:35-7:30 Tumbling I		