

Gymnastics Effective: August 14, 2017

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Create an account on our website so we
can schedule your child a free trial class.
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VOLUSIA
Academy of
GYMNASTICS & DANCE

<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 Shining Stars (7&up)	3:35-4:30 Boys Class (6-10yr olds)	3:35-4:30 Shining Stars (7&up)	4:00-5:00 Pre-Team Conditioning (7 yrs and up)	9:05-10:00 Tiny Rockets (3-4 yr olds)
3:35-4:30 Boys Class (Ages 6-10yr olds)	3:30-5:00 Competitive Level 1	3:35-4:30 Shining Stars (7 & up)	3:35-4:30 Rising Stars (5-7yr olds)	3:30-5:00 Pre-Team Conditioning (4-7 y/o)	10:05-11:00 Rising Stars (5-7 yr olds)
3:30-5:00 Competitive Level 1	4:30-6:30 Competitive Level 2	3:30-5:00 Pre-Team (4-7yr olds)	3:30-5:00 Competitive Level 1	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 (6-11 yrs old)	4:35-5:30 Tiny Rockets (3-4yr olds)	4:00-7:30 Competitive Level 3	4:35-5:30 Rising Stars (5-7yr olds)	4:30-7:30 Competitive Level 2	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)	4:35-5:30 Advance (Invite Only)	4:00-7:30 Competitive Level 4	4:35-5:30 Advance (invite only)	5:00-7:00 Excel Silver Team	
4:35-5:30 Rising Stars (5-7yr olds)			4:30-6:30 Competitive Level 2		
			4:30-7:30 Competitive Level		
4:30-7:30 Competitive Level 4	4:30-7:30 Competitive Level 4	5:00-7:00 Excel Silver Team	5:00-8:00 Excel Gold Team		
4:30-7:30 Competitive Level 3	5:00-8:00 Excel Gold Team	5:00-8:00 Pre-Team (7yrs and up)	5:35-6:30 Shining Stars (7 & up)		
5:00-7:00 Excel Silver Team	5:35-6:30 Tiny Rockets (3-4 yr olds)	5:00-8:00 Excel Gold Team	5:35-6:30 Tiny Rockets (3-4yr olds)	<u>Class Descriptions:</u>	
5:00-8:00 Excel Gold Team				<u>Tiny Rockets:</u> 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	5:35-6:30 Rising Stars (5-7yr olds)	6:35-7:30 Shining Stars (7&up)	<u>Rising Stars:</u> 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.	
5:35-6:30 Shining Stars (7 & up)	6:35-7:30 Rising Stars (5-7yrs old)	5:35-6:30 Shining Stars (7&up)		<u>Shining Stars:</u> 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.	
6:35-7:30 Shining Stars (7 & up)	6:35-7:30 Shining Stars (7&up)	6:35-7:30 Shining Stars (7&up)		<u>Tumbling progressions:</u> 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.	
		6:35-7:30 Tumbling Intermediate (8 yrs & up)		<u>Advance:</u> 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.	
				<u>Pre-competitive:</u> This class is by invitation only to athletes who show ability to be asked to the Competitive team.	
				<u>Competitive:</u> 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.	

