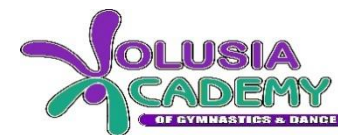


565 S. Lakeview Dr. Unit 101
Lake Helen, FL 32744
volusiaacademy@gmail.com

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can schedule your child a free trial class.
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 Shining Stars (7&up)	2:35-3:25 Open gym On Early Release Days Only	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 Boys Class (6-10yr olds)	4:35-4:30 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	4:30-7:00 Competitive Level 2	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	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 (6-11yrs old)	4:35-5:30 Tiny Rockets (3-4yr olds)	4:00-7:30 Competitive Level 3 &4	4:35-5:30 Advance (invite only)	4:30-7:30 Competitive Level 2 5:00-7:30 Excel Bronze/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)	4:35-5:30 Advance (Invite Only)	4:35-5:30 Advance (Invite Only)	4:30-7:00 Competitive Level 2 4:30-7:30 Competitive Level 4		
4:30-7:30 Competitive Level 4 4:30-7:30 Competitive Level 3	4:30-7:30 Competitive Level 4 4:30-7:30 Xcel Gold Team	5:00-8:00 Pre-Team (7yrs and up)	4:30-7:30 Xcel Gold Team 5:00-7:30 Xcel Bronze/Silver Team		
5:00-7:30 Xcel Bronze/Silver Team 4:30-7:30 Xcel Gold Team	5:35-6:30 Tiny Rockets (3-4 yr olds)	4:30-7:30 Xcel Gold Team	5:35-6:30 Tiny Rockets (3-4yr olds) 5:35-6:30 Shining Stars (7 & up)	<u>Class Descriptions:</u> <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)	5:35-6:30 Rising Stars (5-7yr olds)	5:35-6:30 Rising Stars (5-7 yr olds)	<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)	6:35-7:30 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.	
5:35-6:30 Advance (Invite only)					
6:35-7:30 Shining Stars (7 & up)	6:35-7:30 Shining Stars (7&up)	6:35-7:30 Shining Stars (7&up) 6:35-7:30 Tumbling (8 yrs & Up) Intermediate		<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. <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.	

