



2009-2010 SCHEDULE

New students can join any time of year!

Please call for class availability



*** Classes noted with an asterik will start when we have 4 students ***

PRESCHOOL GYMNASTICS CLASSES	M	T	W	TH	F	S	
Wiggle Worms A parent/child class - punchcard \$20 Ages 18mos-2.5yrs		11:00	10:15			9:00	30 min class
Tumble Tykes - A parent child class Ages 2.5-3.5 yrs		10:15	11:00 5:30			9:45	30 min class
PreGym Ages 3-4.5 yrs	2:45	9:15 11:00	9:15 11:00*** 4:30 5:30 6:15		2:45	9:00 9:45 10:30	45 min class
KinderGym Ages 4.5-6 yrs	2:45	9:15 10:15	9:15 10:15 5:30 6:15		2:45	9:45 10:30	45 min class
KinderGym 2 Girls Ages 4-K that can perform a cartwheel			4:30		3:30		1 hr class
CHEERLEADING	M	T	W	TH	F	S	
PeeWee Cheer - Ages 4-6		4:30					1 hr class
Cheer Level 1 Ages 6-10				4:30			1 hr class
Empire Youth All-Stars Ages 4.5-9 - 2x/wk required		4:30		4:30			1 hr class
Empire Jr/Sr All-Stars Age 18 and under 2x/wk required		4:30		4:30			1.5 hr class
GIRLS GYMNASTICS	M	T	W	TH	F	S	
Girls Level 1 1st-4th grade	5:30	3:30 6:30	6:30	3:30 6:30	3:30	11:15	1 hr class
Girls Level 2 1st-5th grade	6:30	3:30	6:30	3:30	3:30	10:45	1.5 hr class
KIPS 1 - by invitation only Ages 5-7 2x/wk required	3:30		3:30				1 hr class
KIPS 2 - by invitation only Ages 6-10 2x/wk required	3:30		3:30				1.5 hr class
Jr/Sr Girls 5th grade+		6:30		6:30			1.5 hr class
League Team Must have completed Adv. Level 2 skills - 2x/wk required	3:30		3:30				2 hr class
RecOpt Team Must be able to perform a back handspring - 2x/wk required		6:15		6:15			2 hr 15 min class
Level 4 Team 3x/wk required	3:30-6:00		3:30-6:00		3:30-6:00		2.5 hr class
Level 5/6 Team 3x/wk required Level 7-9 Team 4x/wk required	4:30-8:00	4:30-8:00		4:30-8:00	4:30-8:00		3.5 hr class
TNT CLASSES (Tumbling & Tramp)	M	T	W	TH	F	S	
TNT Coed Level 1 - Ages 6-10				5:00		11:15	1 hr class
TNT Boys Level 1 - Ages 6-10		3:30		3:30			1 hr class
TNT Boys Level 2 - Ages 8-18	7:00		6:30	5:00			1 hr class
TNT for Cheerleaders - Ages 12-adult				7:30			1 hr class
TNT Team Must be able to do a back handspring - 2x/wk suggested			6:30		6:30		1.5 hr class

CALL 208-882-6408 TO REGISTER

We also offer Birthday Parties, Parent's Night Out, Field Trips, Camps and a ProShop