

Tidewater Gymnastics Academy

2009-2010 Fall/Spring Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Me Walking to 3 yrs Boys and Girls		9:15-10:00 AM	9:30-10:15 AM			9:15-10:00 AM	
Beginner 3-6 yrs Boys and Girls	1:00-2:00 PM 6:00-7:00 PM	10:00-11:00 AM 4:00-5:00 PM	10:15-11:15 AM 4:00-5:00 PM	1:30-2:30 PM 6:00-7:00 PM	3:30-4:30 PM	10:00-11:00 AM	
Level 1 & 2 5-10 yrs (Girls Only)	4:00-5:00 PM	5:00-6:00PM	6:00-7:00 PM	4:00-5:00 PM 5:00-6:00 PM	4:30-5:30 PM	11:00-12:00 PM	
Level 2 & 3 6-10 yrs (Girls Only) Invitation Only	5:00-6:30 PM 5:00-7:00 PM		4:00-6:00 PM	5:00-6:30 PM			
Level 1, 2, & 3 Middle/High School 10+ yrs (Girls Only)	7:00-8:00 PM						
Boys Fitness & Tumbling 6-12 yrs (Boys Only)	5:00-6:00 PM	5:00-6:00 PM	6:00-7:00 PM		4:30-5:30 PM		
Hot Shots: Advanced 4-7 yrs (Girls Only) Invitation Only	4:00-5:15 PM			4:00-5:15 PM			
Beginner to Advanced Cheer Tumbling 6+yrs		6:30-8:00 PM	5:00-6:00 PM	7:00-8:00 PM			
St. Pats Early Release 5-10 yrs			1:45-2:45 PM				
ODU Pre-K 4-6 yrs Boys and Girls			11:15- 12:15 PM				
Adult Fitness Classes	Gymnastics Conditioning 9:30-10:30 AM						
Open Gym					5:30-7:00 PM		
Birthday Parties						1:00-2:30 PM 3:00-4:30 PM	2:00-3:30 PM 4:00-5:30 PM

***Schedule is subject to change

Always call at least 24 hours in advance to schedule make-up and trial classes!