

Dream Big Gymnastics

Recreational Class Program - one day per week classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym - ages 5 and up (Under 5 must be accompanied by parent)			1:00-3:00		7:00-8:00	1:00-3:00
Baby and Me - crawlers and new walkers				11:45-12:15		
Mommy and Me - walking to 3				11:15-11:45	4:00-4:30	9:00-9:30 9:30-10:00
Preschool (ages 3-4)	4:00-4:45	4:30-5:15 5:00-5:45 5:15-6:00	4:15-5:00 4:30-5:15 5:15-6:00	10:30-11:15 11:45-12:30 4:30-5:15 5:00-5:45 6:15-7:00	4:30-5:15	8:45-9:30 10:00 - 10:45
New to Preschool (ages 2 1/2 - 3 1/2)						8:30-9:00
Advanced Preschool (ages 3-4)			4:00-5:00			
Kindergarden (ages 5-6)	6:00-7:00	4:00-5:00 5:15-6:15 6:00-7:00	4:00-5:00 5:00-6:00 6:00-7:00	4:00-5:00 5:15-6:15	4:30-5:30	9:15-10:15 10:00-11:00 10:30-11:30
Advanced Kindergarden (ages 5/6)		6:00 - 7:00	5:00-6:00 6:00-7:00			
Recreational level 1 (ages 7 & up)	5:00-6:00 6:45-7:45	4:00-5:00	4:00-5:00 6:00-7:00	6:00-7:00	5:30-6:30	9:00-10:00 11:00-12:00
Recreational level 2 (ages 7 & up)	5:45-6:45	4:00-5:00	6:00-7:00	6:00-7:00	4:45-5:45	10:45-11:45 12:00-1:00
Recreational level 3 (ages 7 & up)			5:15-6:45	5:45 - 7:15		11:00-12:30
Recreational Gymnastics for preteens/teenagers		7:00-8:00				
Boys Gymnastics		6:15-7:15		4:00 - 5:00		10:00-11:00
Boys Advanced Gymnastics (ages 5+)	4:45-5:45					
Little Ninjas (ages 3-5)			4:00-5:00			
Boys Ninja			5:00-6:00	5:00 - 6:00		10:15 - 11:15
Tiny Tumblers (ages 3-6)		4:30-5:15			4:00-4:45	
Tumbling - Beginner	7:00-8:00				5:30 - 6:30	9:00-10:00
Tumbling - Intermediate				7:00-8:00		
Cheer Fundamentals (ages 6-15)						10:00-11:00
Cheer and Tumble (ages 3-7)			4:15-5:00			
Dance & Gymnastics Combo (ages 6+)						9:00-10:00
Elements of Dance			6:15-7:00 (ages 6-8)			
Elements of Dance			5:30-6:15 (ages 3-5)			
Hip Hop/Tumble Combo class (ages 7 and up)			7:00-8:00			
Special Needs Superstars						11:45-12:45
Boys Team (practices all days)	4:00-6:30		4:00-6:30			10:30-1:00
Recreational Team (practices both days)		5:00-7:00			4:30-6:30	
Pre team - all ages (practices both days)	5:00-7:00		5:00-7:00			

All participants must have a release on file.

8.22.2022