

Novaks' Gymnastic Center, Inc. 2011 ~ 2012 Class Schedule as of 2/18/2012

CLASS	DAY	TIME	AGE	CLASS	DAY	TIME	AGE				
PRESCHOOL				GIRLS							
Play Gym	T/W	10:45-11:30	1-5 yrs	Gymnastic Fitness is the preparatory level into the sport of gymnastics. The skills focused on at this level are forward/backward roll, cartwheel, handstand, bridge kick over and pullover on the bars. GYM FIT GYM FIT Tue 4:30-5:30 5 & up GYM FIT Wed 4:30-5:30 5 & up GYM FIT Wed 5:45-6:45 5 & up GYM FIT Thurs 4:30-5:30 5 & up GYM FIT Thurs 5:45-6:45 5 & up GYM FIT Sat 9:30-10:30 5 & up							
Play Gym	Thurs	1:30-2:15	1-5 yrs.								
Play Gym	Sat	8:30-9:15	1-5 yrs.								
PRESCHOOL	Wed	9:30-10:30	3-5 yrs.								
PRESCHOOL	Wed	1:30-2:30	3-5 yrs.								
PRESCHOOL	Sat	10:45-11:45	3-5 yrs.								
BOYS				Once athletes achieve the skills listed above for the Gymnastic Fitness level they will be invited by their coach to join this more advanced class. In this group they will be mastering skills for USAG Level 1 and 2. GREEN GYM FIT Green* Tues 5:30-7:00 5 & up* GYM FIT Green* Wed 6:30-8:00 5 & up* GYM FIT Green* Thurs 4:30-6:00 5 & up* GYM FIT Green* Sat 9:30-11:00 5 & up*							
GYM FIT	Wed	5:00-6:00	6 & up								
GYM FIT	Sat	9:30-10:30	6 & up								
GYM FIT Green/Blue*	Wed	5:00-6:30	7 & up*								
GYM FIT Green/Blue*	Sat	9:30-11:00	7 & up*								
*RECOMMENDATION FROM COACH & *EXPERIENCE REQUIRED											
HOMESCHOOL				In this group they will learn skills covering USAG Levels 3-6. Athletes in our Gymnastic Fitness Blue group will be given the opportunity to join our USAG VAOP All Star Recreational Competitive Program. BLUE GYM FIT Blue* Mon 6:30-8:30 7 & up* GYM FIT Blue* Wed 6:30-8:30 7 & up* GYM FIT Blue* Fri 6:00-8:00 7 & up*							
GYM FIT	Tue	1:00-2:00	5 & up								
GYM FIT Green/Blue*	Tue	1:00-2:30	5 & up								
*RECOMMENDATION FROM COACH & *EXPERIENCE REQUIRED											
COED								*RECOMMENDATION FROM COACH & *EXPERIENCE REQUIRED			
TUMBLING*	Thurs	6:15-7:30	exp.req*								
TUMBLING *	Mon	8:00-9:15	exp.req*								
TUMBLING *	Wed	8:00-9:15 (BackHS req.)	exp.req*								
TRAMPOLINE*	Mon	5:30-6:45	5 & up								
*RECOMMENDATION FROM COACH & *EXPERIENCE REQUIRED											

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