

Polarettes Gymnastics Winter 2022-Jan 7th-March 6th

All programs will run for 8 weeks. All classes begin as of January 7th.

FloorSupervisor:	AGE OF CHILD	NAME OF CLASS	DAYS AND TIMES OF CLASSES OFFERED						
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A C T I V E S T A R T	AGE 18 TO 26 MONTHS	BUGS							9:10 - 9:50 10:00 - 10:40
	AGE 2 AND 3 YEARS	BUMBLEBEES		10:10 - 11:00		10:10 - 11:00		9:10 - 10:00 10:10 - 11:00 11:10 - 12:00	10:50 - 11:40
	AGE 3 AND 4 YEARS	BUNNIES		9:00 - 9:50		11:15 - 12:05		9:10 - 10:00 10:10 - 11:00 11:10 - 12:00	9:00 - 9:50 10:00 - 10:50
	AGE 4 AND 5 YEARS	BADGERS		11:15 - 12:15			4:00 - 5:00	9:20 - 10:20 10:30 - 11:30 11:40 - 12:40	12:50 - 1:50
	AGES 5 AND 6 YEARS	BEARS			4:00-5:00 5:15-6:15		5:10 - 6:10	12:30 - 1:30 1:30-2:30	11:10-12:10
U N D A M E N T A L	AGES 6 AND UP	BEGINNER GYMNASTICS			4:00-5:00		4:00 - 5:00	9:00 - 10:00 10:20 - 11:20	9:30 - 10:30 10:30 - 11:30 3:40-4:40
		BEGINNER PARKOUR					4:00 - 5:00 (9+)		9:20-10:20 10:30 - 11:30 2:30-3:30
A d u l t	AGES 18 AND UP	ADULT GYMNASTICS		7:30 - 9:00	8:00-9:30				
C A N G Y M P R O G R A M	AGES 6 AND UP WHO HAVE MASTERED THE BEGINNER LEVEL CLASSES	INTERMEDIATE GYMNASTICS Level 1			5:15-6:15		5:10 - 6:10	11:30 - 12:30	12:00 - 1:00 1:00 - 2:00
		INTERMEDIATE GYMNASTICS Level 2						1:00-2:00	2:00 - 3:00
	AGES 7 AND UP WHO HAVE MASTERED THE BEGINNER LEVEL CLASSES	INTERMEDIATE PARKOUR 1					5:10 - 6:10		11:45 - 12:45 1:15 - 2:15
		INTERMEDIATE PARKOUR 2					6:15 - 7:45		
	AGES 8 AND UP WHO HAVE MASTERED THE INTERMEDIATE LEVEL CLASSES	ADVANCED GYMNASTICS						1:00 - 2:30	
		ADVANCED PARKOUR					6:15 - 7:45		
N E W	MOVEMENT AND TRAMPOLINE FOR MULTISPORT ATHLETES	MULTISPORT ATHLETES (Ages 8-13)		5:15-7:15					
T E A M		Intro to Team Ages 3 & 4							1:15 - 2:15
	INTRO TO TEAM PROGRAMS	Intro to Team Age 4 & 5 yrs		3:45-5:00		3:45-5:15			
		Intro to Team Age 5 & 6 yrs	3:45-5:45						
		Intro to Team Age 7 & 8							
		Xcel Bronze		4:00 - 6:00		4:00 - 6:00			
		Xcel Bronze/Silver		4:00 - 7:00		4:00 - 7:00			
		Xcel Gold/Diamond		4:00 - 8:00		4:00 - 8:00			
		Training Club		6:00 - 9:00		6:00 - 9:00			
		Team Fundamentals	3:45 - 5:45			3:45 - 5:45			
		Competition 2	6:00 - 8:15 / 3:30 - 6:30	6:00 - 8:15	6:00 - 8:15 / 3:30 - 6:30	6:00 - 8:15			DANCE ADD ON - 2:30 - 4:30 & 4:30 - 5:30
	Competition 1	6:00 - 8:15 / 3:30 - 6:30	6:00 - 8:15	6:00 - 8:15 / 3:30 - 6:30	6:00 - 8:15				
O T H E R	DROP IN	Family - All ages	10:00 - 11:30 AM				10:00 - 11:30 AM	2:30 - 4:00 PM	
	PARTY TIME	Party Rentals						4:30 - 6:00 PM	
							6:30 - 8:00 PM		
Rentals	Daytime Rentals	Schedule pending staff availability							
Questions? Call 867-668-4794									