

SHIELDS GYMNASTICS

17 MINNEAKONING ROAD

FLEMINGTON, NJ 08822

Phone (908) 782-1777 Fax (908)782-6981

www.shieldsgymnastics.net

FALL 2009 - 2010 CLASS SCHEDULE

(Teachers and classes are subject to change without notice)

**WE RECOMMEND THE CHILD BE THE MINIMUM AGE REQUIRED FOR THE CLASS BY
OCTOBER 15, 2009!!**

CLASSES BEGIN TUESDAY, SEPTEMBER 1, 2009

All classes are 55 minutes unless specified

2 - 3 (45 min)

Monday = 10:15 am; 1:00 pm
Thursday = 9:15 am; 1:00 pm
Friday = 10:15 am
Saturday = 9:00 am; 10:00 am

Sr. Cheerleading 13+

Monday = 8:00 pm
Wednesday = 4:00 pm
Saturday = 11:00 am

3 - 4 (45 min)

Monday = 9:15 am; 2:00 pm; 6:00 pm
Tuesday = 4:00 pm
Wednesday = 10:15 am
Thursday = 10:15 am; 2:00 pm; 4:00 pm
Friday = 9:15 am; 5:00 pm
Saturday = 9:00 am

Jr. Cheerleading 8-12

Monday = 7:00 pm B/C
Tuesday = 5:00 pm B
Wednesday = 6:00 pm A/B; 7:00 pm B
Friday = 5:00 pm B/C

4 - 5

Monday = 10:15 am; 1:00 pm; 5:00 pm
Tuesday = 10:15 am; 2:00 pm; 5:00 pm
Wednesday = 9:15 am
Thursday = 9:15 am; 1:00 pm; 6:00 pm
Friday = 9:15 am
Saturday = 9:00 am

Tiny Cheer 6-7

Thursday = 5:00 pm

ADULT CLASS

Tuesday 8:00 pm

5 - 6

Monday = 9:15 am; 2:00 pm; 4:00 pm; 5:00 pm; 6:00 pm
Tuesday = 9:15 am; 1:00 pm; 5:00 pm
Wednesday = 4:00 pm; 5:00 pm; 7:00 pm
Thursday = 10:15 am; 2:00 pm; 4:00 pm
Friday = 10:15 am; 5:00 pm
Saturday = 9:00 am; 10:00 am

OPEN GYM

Friday 7:00- 9:00 pm
Saturday 12:00-2:00 pm

Girls 6 – 7

Monday = 4:00pm A/B; 5:00pm A/B; 6:00pm A/B; 7:00pm B
Tuesday = 4:00pm A/B; 6:00pm B
Wednesday = 4:00pm B/C; 5:00pm A/B; 6:00pm A/B
Thursday = 5:00pm A/B; 6:00pm A/B; 7:00pm B/C (Ages 6-8)
Friday = 4:00pm A/B; 6:00pm A/B
Saturday = 9:00am A/B; 10:00am B

Girls 8 – 9

Monday = 4:00pm A/B; 6:00pm B/C
Tuesday = 5:00pm B; 7:00pm B/C
Wednesday = 4:00pm A/B; 5:00pm B; 6:00pm B/C
Thursday = 4:00 A/B; 6:00 A/B
Friday = 4:00pm B/C; 6:00pm A/B
Saturday = 10:00am B; 11:00 A/B

Girls 8-11

Tuesday = 4:00 pm A/B
Wednesday = 6:00pm A/B, 7:00pm B/C
Thursday = 7:00pm B/C

Girls 10 – 11

Monday = 6:00pm 10+ C; 7:00pm A/B
Tuesday = 6:00pm B; 6:00 10+ C (1hr 50min)
Wednesday = 7:00 10+ C (only)
Thursday = 5:00 11+ B/C; 6:00pm A/B
Friday = 4:00pm B/C
Saturday = 11:00am A/B & 10+B/C

Girls 12+

Monday = 7:00pm B/C
Friday = 4:00pm A/B; 6:00pm B/C

BOYS

Boys 6-8

Monday = 4:00pm A/B
Wednesday = 4:00 pm B
Thursday = 4:00pm A/B; 5:00pm B; 7:00pm A/B
Friday = 4:00pm A/B
Saturday = 11:00am 7+B

Boys 8+

Monday = 7:00pm Extreme
Tuesday = 4:00pm Extreme
Wednesday = 5:00pm B/C (1hr 50 min) , 7:00pm Extreme
Friday = 6:00pm Extreme

STORM GYMNASTIC TEAM PROGRAMS

Prep Squad

Tuesday & Thursday = 4:00-5:00 pm

Pre-Team

Tuesday & Thursday = 5:00-7:00 pm

Training Squad

Monday = 5:00-6:00 pm
Wednesday = 5:00-6:00 pm

Team JOGA

Tuesday = 7:00-9:00 pm
Friday = 5:00-7:00 pm
Saturday = 2:30- 4:30 pm