

SHIELDS GYMNASTICS

17 MINNEAKONING ROAD

FLEMINGTON, NJ 08822

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

www.shieldsgymnastics.net

FALL 2011 - 2012 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, 2011!!**

CLASSES BEGIN TUESDAY, SEPTEMBER 6, 2011

All classes are 55 minutes unless specified

2 - 3 (45 min)

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

Sr. Cheerleading 12+

Monday = 8:00 pm
Wednesday = 4:00 pm
Thursday = 7:00 pm
Saturday = 11:00 am

3 - 4 (45 min)

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

Jr. Cheerleading 7-11

Monday = 7:00 pm B/C
Tuesday = 5:00 pm B
Wednesday = 6:00 pm A/B; 3:00 pm;
7:00 pm B
Friday = 5:00 pm B/C

4 - 5

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

Handspring/Tuck Session 8+

Walk-in \$10 ---No sign up necessary
Waiver and Registration Fee Required F
Wednesday 8:00 pm

ADULT CLASS

Tuesday 8:00 pm

5 - 6

Monday = 2:00 pm; 4:00 pm; 5:00 pm; 6:00 pm
Tuesday = 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; 5:00pm
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 (Ages 6-8); 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
 Tuesday = 5:00pm B; 7:00pmB/C
 Wednesday = 4:00pm A/B; 5:00pm B; 6:00pm B/C
 Thursday = 4:00 A/B; 5:00 A/B
 Friday = 4:00pm B/C; 6:00pm A/B
 Saturday = 10:00am B; 11:00 A/B

Girls 8-11

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

Girls 10 – 11

Monday = 7:00pm 10+ B/C
 Tuesday = 6:00pm B; 6:00 10+C
 Wednesday = 7:00 10+ C
 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 = 6:00 pm C
 Tuesday = 7:00 pm B/C
 Friday = 6:00pm B/C

BOYS

Boys 6-8

Monday = 4:00pmA/B
 Wednesday = 4:00 pm B
 Thursday = 4:00pmA/B; 6:00 pm A/B
 Friday = 4:00pm A/B
 Saturday = 11:00am 6-8 A/B

Boys 8+

Monday = 7:00pm Extreme
 Tuesday = 4:00pm Extreme
 Wednesday = 5:00pm B/C, 7:00pm Extreme
 Friday = 6:00pm Extreme

Boys 13+

Thursday = 7:00 pm Parkour

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