

# SHIELDS GYMNASTICS

## FALL 2008-SPRING 2009 CLASS SCHEDULE

*Teachers and classes are subject to change without notice*

CLASSES BEGIN TUESDAY, SEPTEMBER 2, 2008

CHILDREN MUST BE THE MINIMUM AGE REQUIRED FOR THE CLASS BY OCTOBER 15, 2008

A - BEGINNER B - INTERMEDIATE C - ADVANCED

### Ages 2-3 (45 min)

Monday	10:15 am
Friday	10:15 am
Saturday	10:00 am

### Ages 3-4 (45 min)

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

### Ages 4-5

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

### Ages 5-6

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

### Boys 6-8

Monday	4:00 pm <b>A/B</b>
Wednesday	5:00 pm <b>B</b>
Thursday	4:00 pm <b>A/B</b> ; 5:00 pm <b>B</b> ; 7:00 pm <b>A/B</b>
Friday	4:00 pm <b>A/B</b>

### Boys 8+

Monday	7:00 pm <b>Extreme</b>
Tuesday	4:00 pm <b>Extreme</b>
Wednesday	6:00 pm <b>B/C</b> ; 7:00 pm <b>Extreme</b>
Saturday	11:00 am <b>B</b>

### Open Gym

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

### Girls 6-7

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

### Girls 8-9

Monday	4:00 pm <b>A/B</b> ; 6:00pm <b>B/C</b>
Tuesday	5:00 pm <b>B</b> ; 7:00 pm <b>B/C</b>
Wednesday	4:00pm <b>A/B</b> ; 5:00pm <b>B</b> ; 6:00pm <b>B/C</b>
Thursday	4:00pm <b>A/B</b> ; 6:00 pm <b>A/B</b>
Friday	4:00 pm <b>B/C</b> ; 6:00pm <b>A/B</b>
Saturday	9:00 am <b>A/B</b> ; 10:00 am <b>B</b> ;

### Girls 8-11

Monday	6:00 pm <b>10+B</b>
Tuesday	4:00 pm <b>A/B</b>
Wednesday	6:00 pm <b>A/B</b> , 7:00 pm <b>B/C</b>
Thursday	7:00 pm <b>B/C</b>

### Girls 10-11

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

### Girls 12+

Monday	7:00 pm <b>B/C</b>
Friday	4:00 pm <b>A/B</b> ; 6:00 pm <b>B/C</b>

### Junior Cheerleading 8-12

Monday	7:00 pm <b>B/C</b>
Wednesday	6:00pm <b>A/B</b> ; 7:00 pm <b>B</b>
Friday	5:00 pm <b>B/C</b>

### Senior Cheerleading 13+

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

**Adult Class**

Tuesday	8:00 pm
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**Tiny Cheer 6-7**

Thursday	5:00 pm
Friday	5:00 pm

**Prep Squad**

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

**Pre-Team**

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

**Pre-Training Squad**

Tuesday	5:00 - 6:00 pm
Thursday	5:00 - 6:00 pm

**Team - JOGA**

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

**Training Squad**

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

**Junior Level II**

Friday Tumbling	4:00 - 5:00 pm
Sunday	11:00am - 2:00 pm

**Junior Level III**

Wednesday	8:00 - 9:30 pm
Friday Tumbling	6:00 - 7:00 pm
Saturday	2:30-5:00 pm