

SHIELDS GYMNASTICS

17 Minneakoning Road

Flemington, NJ 08822

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

www.shieldsgymnastics.net

SUMMER 2010 CLASS SCHEDULE

(Teachers and classes are subject to change without notice)

CLASSES and CAMPS BEGIN MONDAY, July 5th AND END FRIDAY AUGUST 27th

2 - 3

Tuesday = 10:15 am
Wednesday = 10:15 am

Sr. Cheerleading 13+

Thursday = 6:00 pm

3 - 4

Tuesday = 9:15 am
Wednesday = 9:15 am
Thursday = 10:15 am

Jr. Cheerleading 8-12 yr

Tuesday = 9:15 am
Wednesday = 6:00 pm

4 - 5

Monday = 9:15 am
Tuesday = 10:15 am
Wednesday = 10:15 am
Thursday = 9:15 am

Tiny Cheer 6-7yr

Wednesday = 9:15 am

5 - 6

Monday = 10:15 am; 6:00pm
Tuesday = 9:15 am
Wednesday = 9:15 am
Thursday = 10:15 am

Girls 6 - 8

Monday = 9:15 am; 6:00 pm
Tuesday = 10:15 am; 7:00 pm
Wednesday = 10:15 am; 7:00 pm
Thursday = 9:15 am

Boys 6+

Tuesday = 6:00pm

Girls 9+

Monday = 10:15 am
Thursday = 7:00 pm

HANDSPRING/TUCK SESSIONS 8+

Walk-in \$10/No sign up necessary

Waiver and Registration Fee Required

Tuesday & Thursday = 12:00 pm -12:45 pm
Wednesday = 6:00pm to 6:45 pm

OPEN GYM: 7+ YEARS OLD

NOT RECOMMENDED FOR BEGINNERS

Monday - Thursday = 7:00 - 9:00 pm;
10:00am - 12:00pm
Friday = 10:00am - 12:00pm

ADULT CLASS

Tuesday = 8:00 pm

GYMNASTIC TEAM PROGRAMS

Prep Squad

Tuesday = 4:00-5:00pm

Thursday = 4:00-5:00pm

Training Squad

Tuesday = 5:00 – 6:00 pm

Thursday = 5:00 – 6:00 pm

Team-JOGA

Monday = 5:00 – 8:00 pm

Thursday = 5:00 – 8:00 pm

Pre-Team

Monday = 3:00 – 5:00 pm

Wednesday = 3:00 – 5:00 pm

WEEKLY GYMNASTICS and CHEERLEADING CAMPS (6-14 yrs old)

\$35.00 Registration fee

\$150.00 9:00 am- 12:00 pm

GYMNASTICS Camps

Monday 7/5 - Friday 7/9

Monday 7/12- Friday 7/16

Monday 7/26- Friday 7/30

Monday 8/9 - Friday 8/13

CHEERLEADING Camps

Monday 7/19- Friday 7/23

Monday 8/2 - Friday 8/6

Gymnastics Team Camp – Date to be announced