

2011 Summer Session
June 12 – August 20 (10 weeks)
Ask about our
Flexi Schedule!!!



Gymnastics, Tumbling,
Dance, Cheerleading,
Poms & Tae Kwon Do

Where Every Child Is a Star

Twinkling Tots Gymnastics

<u>Minis in Motion (11-24months)</u>	<u>Babies & Buddies (18-33months)</u>	<u>Kids & Company (27-36 months)</u>
Tuesday: Wednesday: Thursday: 10:00-10:30	9:15-9:55 10:15-10:55 6:00-6:40	10:15-10:55 9:15-9:55, 6:00-6:40
<u>Baby Dippers (3 years)</u>	<u>Little Dippers (4-4.5 years)</u>	
Tuesday: 9:00-9:30, 9:35-10:05, 10:15-10:45, 5:20-5:50 Wednesday: 9:00-9:30, 9:45-10:15, 4:00-4:30 Thursday: 9:45-10:15, 12:30-1:00, 1:15-1:45, 6:10-6:40	9:00-9:40, 10:10-10:50, 12:30-1:10, 5:20-6:00 9:00-9:40, 10:20-11:00, 1:00-1:40, 5:50-6:30 9:00-9:40, 10:20-11:00, 12:30-1:10, 5:00-5:40	
<u>Big Dippers (4.5-5.5 years)</u>	<u>KinderStars (Kdg. 5.5-6.5 years)</u>	<u>GymStars-Girls (Evaluation required)</u>
Tuesday: 9:15-10:10, 12:30-1:25 Wednesday: 9:00-9:55, 1:00-1:55, 4:40-5:35 Thursday: 9:00-9:55, 1:05-2:00, 4:00-4:55, 5:45-6:40	9:45-10:40, 12:30-1:25, 1:35-2:30 9:50-10:45, 1:00-1:55, 5:35-6:30 10:00-10:55, 1:00-1:55, 6:00-6:55	4:00-4:55 10:20-11:15, 5:20-6:15 1:00-1:55
<u>MiniStars (Evaluation required)</u>		<u>GymStars –Boys (Eval Req)</u>
Wednesday: 4:00-5:15		Tuesday: 10:45-11:40

Boys Gymnastics

First Grade and Up

Rock Stars I

Tuesday: 4:00-4:55, 6:00-6:55
 Wednesday: 4:00-4:55, 5:00-5:55
 Thursday: 4:00-4:55, 6:00-6:55, 7:00-7:55

Rock Stars II

Tuesday: 5:00-5:55, 7:00-7:55
 Wednesday: 3:45-4:40
 Thursday: 5:00-5:55

Intermediate Boys

6:00-7:15

Advanced

Thursday: 4:00-5:15

High School Boys

Wednesday: 6:00-8:00

Girls Gymnastics

First Grade and Up

Beginners

Tuesday: 12:30-1:45, 4:00-5:15, 6:05-7:20
 Wednesday: 4:10-5:25, 5:30-6:45, 6:20-7:35
 Thursday: 9:00-10:15, 4:00-5:15, 4:50-6:05, 5:20-6:35

Level 1

4:00-5:15, 6:00-7:15
 9:00-10:15, 4:00-5:15, 5:40-6:55
 10:20-11:35, 4:00-5:15, 6:40-7:55

Intermediate

Tuesday: 9:00-10:30, 5:00-6:30, 6:30-8:00
 Wednesday: 4:45-6:15
 Thursday: 5:20-6:50

Advanced

4:00-5:30
 6:30-8:00

Teen Gymnastics

6th Grade and up

Teen Rec

Tues: 7:00-8:15
 Wed:
 Thurs:

Cheer Tumble

5:00-6:00, 5:45-6:45
 6:30-7:30

HSJV

Mon: 4:00-6:00
 Wed: 9:00-11:00
 Thurs: 2:00-4:00

Specialty Classes

All Ages

Trampoline Class

Tues: 1:30-2:15 (Ages 4-7)
 2:30-3:15 (Level 2)
 Wed: 1:15-2:00 (Level 3)
 Thurs: 3:00-3:45 (Ages 8 & up)

Backbend/Flip Flop & Bars Class

Offered in the Fall

Tumble Stars

Co-Ed Tumbling-First Grade and Up

Beginner Tumble

Tuesday: 4:00-4:45
 Wednesday:
 Thursday: 4:00-4:45

Intermediate Tumble

4:50-5:35
 5:00-5:45

Advanced Tumble

Tuesday: 6:50-7:50
 Wednesday:
 Thursday:

Power Tumble

4:00-5:00

Cheer Tumble

(6th Grade and Up)
 5:00-6:00, 5:45-6:45
 6:30-7:30



OVER

Flying High 2011 Summer Classes

GALAXY UNIVERSEity-DANCE

	<u>Creative Movement (Mom & me)</u> (18 months – 3 years)	<u>Pre-Ballet/Tap (ages 4 & 6)</u>	<u>Pre-Ballet/Acro (ages 4 & 5)</u>
Monday:		5:40-6:20	
Tuesday:			4:00-4:40
Wednesday:	9:15-9:55	10:00-10:40	
	<u>Tiny Dancers (ages 3 & up)</u>	<u>Ballet/Acro 1 (ages 5 & up)</u>	<u>Ballet/Tap/Acro (ages 4-6)</u>
Monday:		4:45-5:40	
Tuesday:	10:00-10:40, 6:35-7:15		
Thursday:	9:00-9:40, 4:00-4:40	6:00-6:55	9:55-10:50
	<u>Ballet/Tap II (ages 7 & up)</u>	<u>Mini Pom (ages 4-6)</u>	<u>Basic Pom Prep (ages 6 & up)</u>
Tuesday:		12:30-1:10	
Wednesday:		1:20-2:00	
Thursday:	5:50-6:45		4:50-5:45
	<u>Jazz Funk (ages 4-6)</u>	<u>Intermediate Pom/Technique (ages 10 & up)</u>	<u>Hip Hop/Jazz Funk (ages 7 & up)</u>
Tuesday:	4:45-5:40	5:40-6:35	
Wednesday:			
Thursday:	9:00-9:55		12:15-1:10
	<u>Mini Hip Hop (ages 4-6)</u>	<u>Hip Hop (ages 7 & up)</u>	<u>Turbo/Tech Class</u>
Monday:	4:00-4:40	6:40-7:35	
Tuesday:			
Wednesday:	10:00-10:40		4:40-5:40
Thursday:		4:00-4:55	5:00-5:55

GALAXY UNIVERSEity-CHEER

	<u>Mini Cheer (ages 3-5)</u>	<u>Kinder Cheer (ages 5 & 7)</u>
Monday:		4:00-4:55
Tuesday:	9:00-9:40, 4:00-4:40	9:45-10:40
Wednesday:	10:00-10:40, 12:30-1:10	
	<u>Basic Cheer (1st Grade & Up)</u>	<u>Intermediate (Eval Required)</u>
Monday:	5:00-5:55	
Tuesday:	4:00-4:55	6:00-7:25
Wednesday:		5:00-5:55
Thursday:	4:00-4:55	5:00-5:55

Stellar Martial Arts-Tae Kwon Do

Tots (4-6 years)

Monday: 4:00-4:45, 5:45-6:30
 Wednesday: 9:15-10:00, 4:00-4:45, 5:45-6:30
 Saturday: 10:30-11:15am

Child/Teen (ages 7 - 18)

Monday: 4:45-5:45, 6:30-7:30
 Tuesday: 6:45-7:45
 Wednesday: 4:45-5:45, 6:30-7:30
 Saturday: 9:30-10:30

Adult (ages 18 & up)

11:15-12:15

Sparring Class (By Invitation)

Flying High Super Stars Program

Pediatric occupational & physical therapy in a gymnastics facility
 See the front desk for more info!
 (Sessions by appointment only)

Special Events

Open Gym

Open gym is a chance to enjoy supervised free time in the gym or practice your skills.

June 12th – August 20th

Wednesday 11-1pm

Saturday 12-2pm INFLATABLE OPEN GYM

Little Tykes Time

Open Gym time just for the Little Tykes, Kindergarten and younger.

Wednesday 10-11am

Thursday 1-2pm

Pizza Fun Night!

Supervised INFLATABLE fun, pizza and lemonade for the kids!

Date night for the parents!

Select Fridays 7-10pm

June 3rd (themed: Flying High's 20th Bday Party!)

July 8th

August 5th

Pre-register to receive a discount!

Ask about Summer Camp 2011

- Summer fun for Boys and Girls ages 4 & up
- Weekly, Daily or Half Day options available