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Where Every Child Is a Star

Year Round
 Open Enrollment

Flying High 2012 Schedule

Twinkling Tots Gymnastics

Minis in Motion (11 mo – 24 mo)

Mon:
 Tues: 11:15-11:45
 Wed:
 Thurs:
 Fri:
 Sat:

Babies & Buddies (18-33mo)

9:15-9:55
 10:15-10:55

Kids & Company (27-36mo)

10:15-10:55
 9:15-9:55

Baby Dippers (3 years)

Mon: 4:00-4:30, 6:00-6:30
 Tues: 9:00-9:30, 10:15-10:45, 5:20-5:50
 Wed: 9:00-9:30, 9:45-10:15, 4:00-4:30, 6:40-7:10
 Thurs: 9:45-10:15, 12:30-1:00, 1:15-1:45, 4:00-4:30, 5:20-5:50
 Fri: 9:00-9:30, 9:20-9:50
 Sat: 9:00-9:30, 10:15-10:45

Little Dippers (4-4.5 years)

4:10-4:50, 5:05-5:45, 6:00-6:40, 6:35-7:15
 9:00-9:40, 10:10-10:50, 1:35-2:15, 4:00-4:40, 5:20-6:00
 9:00-9:40, 12:30-1:10, 1:20-2:00, 5:50-6:30, 6:40-7:20
 9:00-9:40, 10:20-11:00, 12:30-1:10, 5:00-5:40, 6:00-6:40
 9:40-10:20
 9:35-10:15, 10:50-11:30, 10:55-11:35

Big Dippers (4.5-5.5 years)

Mon: 4:00-4:55, 6:45-7:40
 Tues: 10:00-10:55, 12:30-1:25, 4:45-5:40, 5:30-6:25, 6:05-7:00
 Wed: 12:30-1:25, 4:40-5:35
 Thurs: 9:00-9:55, 1:05-2:00, 4:00-4:55, 5:45-6:40
 Fri: 10:00-10:55
 Sat: 10:20-11:15, 10:30-11:25

KinderStars (Kdg. 5.5-6.5 years)

4:40-5:35
 9:00-9:55, 1:35-2:30, 6:00-6:55
 9:50-10:45, 12:30-1:25, 4:00-4:55, 5:35-6:30
 10:00-10:55, 1:00-1:55, 1:05-2:00, 6:00-6:55
 10:20-11:15

GymStars-Girls (Eval Required)

9:00-9:55, 12:30-1:25
 5:20-6:15
 1:00-1:55, 5:30-6:25

MiniStars (Eval Required)

Wed: 4:00-5:15

Girls Gymnastics

First Grade and Up

Beginners

Mon: 4:00-5:15, 5:20-6:35, 6:45-8:00
 Tues: 4:00-5:15, 4:10-5:25, 6:05-7:20
 Wed: 4:10-5:25, 5:30-6:45, 6:20-7:35
 Thurs: 4:00-5:15, 4:35-5:50
 Fri: 4:00-5:15, 5:20-6:35
 Sat: 9:00-10:15

Level 1

4:10-5:25, 5:30-6:45, 6:45-8:00
 4:00-5:15, 5:45-7:00
 4:00-5:15, 5:40-6:55
 4:00-5:15, 6:45-8:00
 4:00-5:15
 10:20-11:35

Intermediate

Mon: 6:35-8:05
 Tues: 5:00-6:30, 6:30-8:00
 Wed: 4:45-6:15
 Thurs: 5:00-6:30
 Fri: 5:20-6:50

Advanced

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

Boys Gymnastics

Gymstars-Boys (Eval Required)

Tues: 10:00-10:55

First Grade and Up

Rock Stars I

Mon: 5:30-6:25
 Tues: 4:00-4:55
 Wed: 5:15-6:10, 6:15-7:10
 Thurs: 4:00-4:55, 6:00-6:55
 Sat:

Rock Stars II

4:30-5:25, 5:40-6:35
 6:30-7:25
 4:00-4:55
 5:00-5:55

Intermediate Boys

Tues: 4:00-5:15
 Wed: 7:00-8:15
 Thurs: 5:00-6:15

Advanced

5:15-6:30

Tumble Stars

Co-Ed Tumbling-First Grade and Up

Beginner

Mon:
 Tues:
 Thurs: 4:00-4:45

Intermediate

4:00-4:45
 4:50-5:35
 6:45-7:30

Advanced

6:35-7:35

Power Tumble

Mon: 6:40-7:40
 Tues:
 Thurs: 4:00-5:00

Cheer Tumble (6th Grade & Up)

7:40-8:40
 7:40-8:40
 7:30-8:30

Teen Programs

6th Grade and Up

Teen Rec

Mon: 5:20-6:35
 Tues:
 Wed: 7:00-8:15
 Thurs:

Cheer Tumble

7:30-8:30
 7:40-8:40

HS/JV

6:30-8:30
 6:45-8:45

Flying High 2012 Schedule

GALAXY UNIVERSEity-CHEER

<u>Mini Cheer</u> (3&4 yr olds)	<u>Kinder Cheer</u> (5&6 yr olds)	<u>Basic Cheer</u> (7 yrs & up)	<u>Intermediate I Cheer</u> (Evaluation Required)	<u>Intermediate II Cheer</u> (Evaluation Required)
Mon:	4:50-5:45	6:00-6:55	7:00-7:55	
Tues:	1:20-2:15, 6:00-6:55	4:00-4:55		
Wed:	10:25-11:05, 5:15-5:55	10:00-10:55		
Thurs:	12:30-1:10		6:00-6:55	7:00-8:25

Stellar Martial Arts

Tots (4-6 yr olds)

Beginners

(White, Yellow Stripe, Black Stripe)

Mon: 4:00-4:45
Wed: 5:45-6:30

Advanced

(Yellow Belt & up)
Mon: 5:45-6:30
Wed: 4:00-4:45

All Belts – Tots

Tues: 5:30-6:15
Wed: 9:15-10:00
Sat: 10:30-11:15

Child / Teen (7yrs & up)

Beginners

(White, Yellow, Orange, Green Belt)

Mon: 4:45-5:45
Wed: 6:30-7:30

Advanced

(Blue Belt & up)
Mon: 6:30-7:30
Wed: 4:45-5:45

All Belts – 7yrs & up

Tues: 6:15-7:15
Sat: 9:30-10:30

Adult Martial Arts (18yrs & up)

Saturday: 11:15-12:15

Sparring Class (Orange Belt & up)

Monday: 7:20-8:15

GALAXY UNIVERSEity-DANCE

Creative Movement

Mom & Me (12 mo to 3 yrs)

Mon:
Tues:
Wed:
Thurs: 12:30-1:10

Tiny Dancers(Pre Ballet)

(3-5 yr olds)

4:45-5:25
9:00-9:40, 4:00-4:40
9:00-9:40

Pre Ballet/Acro

(4&5 yr olds)

9:15-9:55
9:45-10:25

Pre Ballet/Tap

(4&5 yr olds)

12:30-1:10

Ballet/Acro I

(4-6 yr olds)

Mon:
Tues: 4:05-5:00
Wed:
Thurs:

Ballet/Tap/Acro I

(4-6 yr olds)

6:00-6:55

Ballet/Tap/Acro 2

(Evaluation Required)

5:00-5:55

Mini Pom

(4-6 yr olds)

Mon:
Tues: 9:45-10:25, 5:05-5:45
Wed: 1:30-2:10
Thurs: 1:15-1:55

Basic Pom

(7&Up)

6:05-7:00

Intermediate Pom

(Evaluation Required)

5:00-5:55

Mini Hip Hop

(4-6 yr olds)

4:00-4:40

Hip Hop

(7&up)

Mon:
Tues: 7:05-8:00
Wed:
Thurs: 6:55-7:50

Pom Dance Prep

(10& Up)

4:05-5:00

Lyrical

(10 & Up)

8:00-8:55

Specialty Classes

Bars Class

Wed: 4:00-4:30

Backbend/Flip Flop

Thurs: 3:45-4:15

Adult Gymnastics

Tues: 7:00-8:30

Little Tykes Time (ages 5 & under)

Every Wednesday 10:00-11:00am
Every Thursday 10:00-11:00am
Every Friday 1:00-2:00pm
\$5 per child

Open Gym (all ages)

Every Saturday Inflatable
12:00-2:00pm
\$8 Members
\$10 Non Members

Please call Flying High for current class openings & events

Schedule is subject to change at any time

