

# Silvia's Gymnastics

## Class Schedule Summer 2018

Phone: (610) 754 - 800 (Starts 7/5/18)  
(ends 8/29/18)

<b>Monday</b>		
Time	Class	Age
5:00 - 7:00 p.m.	OLYMPIC GROUP	Invitation
7:00 - 8:00 p.m.	LEVEL 2	9 & Up

<b>Tuesday</b>		
Time	Class	Age
9:00 - 12:00 noon	Camp	5 to 13
10:00 - 10:45 a.m.	TOTS	2,3 & 4
5:00 - 6:00 p.m.	JUNIORS	Invitation
5:00 - 6:00 p.m.	BOYS CLASS	5 to 12
6:00 - 7:00 p.m.	PRE-LEVEL 1	5 & 6
6:00 - 8:00 p.m.	OLYMPIC GROUP	Invitation
7:00 - 8:00 p.m.	LEVEL 1	7 & 8

<b>Wednesday</b>		
Time	Class	Age
9:00 - 11:00 a.m.	Camp	3,4 & 5
11:00 - 12:00 p.m.	KINDERGARTEN	4.5, 5 & 6
5:00 - 6:00 p.m.	LEVEL 1	7 & 8
5:00 - 7:00 p.m.	OLYMPIC GROUP	Invitation
6:00 - 7:00 p.m.	KINDERGARTEN	4.5, 5 & 6
7:00 - 8:30 p.m.	ADVANCED	Invitation
7:00 - 8:00 p.m.	TUMBLING	7 & up

<b>Thursday</b>		
Time	Class	Age
9:00 - 12:00 noon	Camp	5 to 13
10:00 - 10:45 a.m.	TOTS	2,3 & 4
4:30 - 5:30 p.m.	Pre-Level 1	5 & 6
5:30 - 6:30 p.m.	LEVEL 1	7 & 8
5:30 - 6:15 p.m.	TOTS	2,3 & 4
6:30 - 7:30 p.m.	JUNIORS	Invitation
6:30 - 7:30 p.m.	LEVEL 2	9 & Up
7:30 - 9:00 p.m.	Open GYM	

<b>Friday</b>		
Time	Class	Age
5:00 - 6:00 p.m.	Obstacle Course	7-13
	Training * * * * *	

*Our Friday Obstacle Course is a new offering at Silvia's Gymnastics. This class is fast moving and challenging with a high level of activity. Some of the benefits of this class are body control, agility, power, physical and mental strength, problem solving, and increased confidence by accomplishing challenging obstacles. Sign up now - only 18 spots available. The entire gym is available to this class. First offering price of only \$70 per month. No make-ups.*

- \* JUNIORS should attend 2 Juniors classes per week if possible or 1 Juniors and 1 Other Class
- \* Open gym age requirements: Must be over 5. Must be under 16 unless a member.
- \* Tumbling class pre-requisites: Good cartwheel on floor and bridge kick-over on floor.

**NOTE: There will be no Birthday Parties during July and August**