

Titans Gymnastics Winter Term

2012 Weekly Schedule:

January 31st to June 2012

Recreational Gymnastics

Program	Age	Class length	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Beginner	5-8	1 hr.	3:00 4:00 5:00 5:30 6:00B	3:00 3:30 4:30 5:30	3:00 4:00 5:00 5:00B	3:30 4:00	3:00 4:00 5:00	10:30 10:30B 11:30 2:00	11:00 12:00 1:30 2:30 5:00B
Beginner Plus	5-7	1.5 hr				3:00G			
Beginner	8-12	1 hr.	4:00 6:00B 7:00	7:00	5:00B 7:00	4:30	7:00	10:30 10:30B 4:00	12:00 5:00B
Inter. 1	5-8	1.5 hr	4:00G	4:00G	4:00G 6:00B	5:00G		11:30G 11:30B 12:30G	12:00G 5:00G
Inter. 1	8-12	1.5 hr	5:00G 6:30G	5:30G	5:30G 6:00G 6:00B	5:30G 6:30G		11:30G 11:30B 1:30G	12:00G 1:00G 3:30G
Inter. 2	6+	1.5 hr	6:00G 6:30G	6:30G	6:00G	5:30G		11:30G 2:00G	2:00G 5:00G
Advanced	7+	2 hrs			7:00G	7:00G		3:00G	

Pre-School Gymnastics

Parent and Tot	1-3	50 min.		9:30	10:45	10:45		9:20	10:00
Tiny Titans	3-4	1 hr		10:30 3:00	10:30 1:00	10:30		9:20	10:00 11:00
Kinder-gym	4-5	1 hr		10:30 3:00	1:00	3:00	4:00	9:20 10:30 11:30	10:00 11:00

Teen Tumbling and Adult Gymnastics

Teen Tumbling	12+	1.5 hr	7:30	7:30		7:30			
Youth tumbling	8-13	1.5 hr						3:30	
Oldies	16+	1.5 hr	9:00			9:00			

Trampoline Only Classes

Trampoline	5-8	1 hr		5:00					
Trampoline	8+	1 hr	8:00	4:30 6:00		8:00			1:00

Hip Hop Classes

Level One	5-7	45min		5:00		5:00			
Level Two	8-11	45min		6:00		6:00			
Level Three	12-14	1 hr		7:00		7:00			
Level Four	15+	1 hr		8:00		8:00			

G= Girls only B= Boys only

For details on all our classes please see our website: www.titansgym.ca