

**PHILADELPHIA GYMNASTICS CENTER, INC.**  
**SPRING PROGRAM SCHEDULE - MARCH 12<sup>th</sup> THROUGH JUNE 9<sup>th</sup>**

**YOU AND ME - 1 ¾ (21 Months) to 2 ¾ year old girls and boys.** All students must be accompanied by an adult who takes part and is instructed in working with student as they explore a fascinating environment of movement education. Let us help you with your active little gymnast! **40 MINUTE CLASS.**

**WEDNESDAY - 11:00 A.M. or THURSDAY - 9:30 A.M.**

**CLASS CODE - YM - 13 week session**

**KINDERGYM - 2 ¾ to 3 ¾ and 3 ¾ to 5 years old.** A specially designed and tested gymnastics, fitness and motor development program for girls and boys. An introduction to gymnastics skills using apparatus and trampoline. Develops the ability to listen and work within a group while developing confidence, good coordination, physical awareness and fitness. **45 MINUTE CLASS - Ratio 5/6 to 1.**

<b>*MONDAY*</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>*FRIDAY*</b>	<b>*SATURDAY*</b>
1:00	1:00	1:00	10:15	10:00	12:30
2:00	2:00	2:00	1:00	1:00	
3:00	3:00	3:00	2:00	2:00	
	5:00	5:15	3:00	3:00	
			5:00		

**CLASS CODE - A - \*12\* week session & 13 week session**

**KIDNASTICS - 5 and 6 years old.** Gymnastics for young girls and boys. Strong emphasis on basic skills and gymnastics technique increasing child's ability level. Use of all appropriate apparatus combined with instruction in strength and flexibility. **1 HOUR CLASS - Ratio 7/8 to 1**

<b>*MONDAY*</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>*FRIDAY*</b>	<b>*SATURDAY*</b>
1:00	1:00	1:00	1:00	10:00	9:30
2:00	2:00	3:00	3:00	1:00	10:30
3:00	4:00	4:15	4:00	3:00	11:30
4:15	5:00		5:00		

**CLASS CODE - B - \*12\* week session & 13 week session**

**GYMNASTICS - 7 years old and over.** Use all apparatus with instruction in appropriate gymnastics skills, strength and flexibility for girls and boys. **BOYS CLASSES TUESDAY ONLY.** Advancement of skills with personal attention to ability level. **1 ½ HOUR CLASS - Ratio 7/8 to 1**

<b>*MONDAY*</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>*FRIDAY*</b>	<b>*SATURDAY*</b>
4:15	4:00	4:15	4:00	4:15	9:30 or 11:00

**CLASS CODE - C - \*12\* week session & 13 week session**

**ADVANCED GYMNASTICS - Female students, 8 years of age and over, with above average skills who desire to advance their level through more complex training.** **2 HOUR CLASS - Ratio - 8 to 1**

<b>*MONDAY*</b>	<b>WEDNESDAY</b>	<b>*FRIDAY*</b>	<b>*SATURDAY*</b>
4:00	4:00	4:00	9:00

**CLASS CODE - D - \*12\* week session & 13 week session**

**NOTE:** Tuesdays, Wednesdays, Thursdays - 13 week session  
 Mondays, Fridays, Saturdays - \*12\* week session • No class on Fri. 4/6, Sat. 4/7, Mon. 5/28