



# Team Schedule

Team and Invitation Only practice times

Description	Ages	Length	Mon	Tue	Wed	Thu	Fri
Girls Hot Shot	4-6	90 x 2		2:45-4:15		2:45-4:15	
Girls Microbots		180 x 3		9:00-12:00		9:00-12:00	8:30-11:30
Girls Level 3		120 x 3		12:30-2:30		12:30-2:30	12:30-2:30
Girls Level 4		180 x 3	9:00-12:00		9:00-12:00		8:30-11:30
Girls Level 5 & 6		210 x 3/4	9:00-12:30	12:30-4:00	9:00-12:30	12:30-4:00	
Girls Level 7-10		240 x 4	12:00-4:00	9:00-1:00	12:00-4:00	9:00-1:00	9:30-11:30
Boys Team Level 4		120 x 3	2:00-4:00	2:00-4:00	2:00-4:00	2:00-4:00	
Boys Team Level 5 & 6		210 x 3/4	12:30-4:00	12:30-4:00	12:30-4:00	12:30-4:00	
Boys Team Level 7-10		240 x 4/5	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	9:00-12:00
Cheer Rising Stars	11-	120 x 2		4:00-6:00		4:00-6:00	
Cheer Shooting Stars	14-	120 x 2	2:00-4:00		Anc 2:00-4:00		
Cheer Shining Stars	18-	120 x 2	12:00-2:00			12:00-2:00	
Cheer All Stars	18-	150 x 2	4:00-6:30		Anc 4:00-6:30		
Cheer Int'l Stars	Open	120 x 2	6:30-8:30		Anc 6:30-8:30		

## Childcare/Summer Camp Gym

Description	Mon	Tue	Wed	Thu	Fri
Infant / Toddler	11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:30
Room 3	9:15-9:45	9:00-9:30	9:15-9:45	9:00-9:30	9:15-9:45
Room 4	9:45-10:15	9:30-10:00	9:45-10:15	9:30-10:00	9:45-10:15
Summer Camp Boys 1		9:00-10:00		9:00-10:00	
Summer Camp Boys 2		10:00-11:00		10:00-11:00	
Summer Camp Girls 1		9:00-10:00		9:00-10:00	
Summer Camp Girls 2		10:00-11:00		10:00-11:00	

**\*\* PLEASE NOTE:** All class days and times (both recreational and team schedules) are subject to change. If schedule changes should occur, we will notify all enrolled students of the change as soon as possible.

Thank you!



Gymnastics & Fitness, Inc.  
300 E. Kalli Circle  
Wasilla, AK 99654  
(907) 373-3547

**2011  
SUMMER  
CLASS SCHEDULE**

- ◆ Preschool Gymnastics
- ◆ Boys Gymnastics
- ◆ Girls Gymnastics
- ◆ Tumbling
- ◆ Cheerleading

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