Sun Country Sports Center Summer 2009

Gymnastics, Cheer, Tumbling, Karate, Fencing

SUN COUNTRY SPORTS CENTER

Millhopper Location 378-8711 www.SunCountrySports.com

5/38/09

				Girls Gymnastics				Boys Gymnastics			Tumbling
Day of the Week	Toddlers 18 months 2.5 yrs	Tumble Tots 2.6-3.5 yrs	PreGym Coed 3.6-5 yrs	G- Red/ Orange ages 5 and up	G-Orange Yellow ages 5 and up	G-Yellow Green ages 5 and up	G-Blue Purple ages 5 and up	B- Red/ Orange ages 5 and up	B-Orange Yellow ages 5 and up	B-Yellow Green ages 5 and up	Tramp & Tumble
Monday				3:45-4:45 6:00-7:00	5:00-6:00						
Tuesday									5:00-6:00		
Wednesday			2:00-2:50	3:45-4:45		2:30-3:30		5:00-6:00			*Tumble* 6:00-7:00
Thursday					3:45-4:45		5:00-6:00				
Friday											
Saturday											

West Location 331-8773 www.SunCountrySports.com

	Co-Ed Gymnastics			Girls Gymnastics				Boys Gymnastics			Tumbling	Shotokan Karate	Fencing & Wrestling
Day of the Week	Toddlers 18 months- 2.5 yrs	Tumble Tots 2.6-3.5 yrs	GymStars Coed 3.6-5 yrs	G- Red/ Orange ages 5 and up	G-Orange Yellow ages 5 and up	G-Yellow Green ages 5 and up	G-Blue Purple ages 5 and up	B- Red/ Orange ages 5 and up	B-Orange Yellow ages 5 and up	B-Yellow Green ages 5 and up	Tumbling & Cheer	Karate	Fencing
Monday		10:30-11:20 6:15-7:05	4:00-4:50 5:10-6:00	3:45-4:45 5:00-6:00 6:00-7:00	4:00-5:00 5:00-6:00 6:15-7:15		5:15-6:15	3:00-4:00 4:00-5:00			*Advanced* 5:00-6:00		
Tuesday	9:45-10:25	10:40-11:30	11:40-12:30 3:45-4:35 5:00-5:50 6:00-6:50	3:30-4:30 4:00-5:00 5:15-6:15 6:00-7:00	4:00-5:00 5:00-6:00	3:45-4:45 5:00-6:00		6:00-7:00		5:00-6:00	ADULT 7:00-8:00	**Pre Karate (age4-5)** 3:45-4:25 **Beginning (age6-10)** 4:30-5:25 **Intermediate (age 8+)** 5:30-6:25	
Wednesday	9:30-10:10		10:30-11:20 11:30-12:20 3:45-4:35 5:00-5:50 6:00-6:50	3:45-4:45 5:00-6:00	3:30-4:30	4:30-5:30	5:30-6:30		4:00-5:00		*T&T* 3:30-4:30 Cheer Sun Country 4:00-5:30 *Beginner* 5:00-6:00		
Thursday	6:40-7:20	10:30-11:20 5:40-6:30	11:30-12:20 3:30-4:20 4:30-5:20	4:00-5:00 5:00-6:00	3:45-4:45 5:00-6:00 6:00-7:00	5:15-6:15		4:00-5:00			*Beginner* 5:00-6:00 *Advanced* 6:00-7:00	**Pre Karate (age4-5)** 3:45-4:25 **Beginning (age6-10)** 4:30-5:25 **Intermediate (age 8+)** 5:30-6:25 **Bo (every other wk)** 6:30-7:30	**Fencing** 4pm-5pm
Friday				3:45-4:45		5:00-6:00							
Saturday		9:00-9:50	10:15-11:05 11:15-12:05	10:15-11:15		9:00-10:00							