

2023 EXCEL GYMNASTICS: Summer Class Schedule

Classes begin **June 5th** and end **August 18th** 11 Weeks Total

	Monday				Tuesday				Wednesday				Thursday				Friday			
8:00																				
9:00		Open Gym 1-6 y.o.				Girl's Recreational Ages 5-7				Open Gym 1-6 y.o.				Girls Recreational Age 5-7				Open Gym 1-6 y.o.		
10:00	Boys Recreational Ages 5-7		Girl's Recreational Ages 5-7			Boys Recreational Ages 5-7				Intermediate Gymnastics Girls Age 6-9				Boys Recreational Ages 5-7				Dynamos 3.5-5yrs	Recreational Gymnastics Boys Ages 8+	
11:00				USAG Girls Team - All Levels				USAG Girls Team - All Levels				Boys Rockets Training Team				USAG Girls Team - All Levels				USAG Girls Team - All Levels
12:00				USAG Boys Team Levels 4-10				USAG Boys Team Levels 4-10								USAG Boys Team Levels 4-10		possible daycare		
1:00	CARA Girls Recreational Team		Intermediate Gymnastics Girls Age 6-9			Recreational Gymnastics Girls Ages 8+						Open Gym Elementary Grades 1-5								
2:00			Outside Groups: KAC, Parks&Rec, B&G Club			Recreational Gymnastics Boys Ages 8+						Outside Groups: KAC, Parks&Rec, B&G Club								
3:00																				
4:00																				
5:00																				
5:30																				
6:00																				
7:00																				
	Middle School Open Gym 7:00-8:30																			