

2026 EXCEL GYMNASTICS: Summer Class Schedule

Classes begin **June 8th** and end **August 14th** 10 Weeks Total

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
9:00	Open Gym 1-6 y.o.		Open Gym 1-6 y.o.	Girls Recreational Age 5-7	Open Gym 1-6 y.o.
10:00	Girls Recreational Ages 5-7	Girl's Recreational Ages 5-7	Parent/Child 18 months-3 yrs	CARA Girls Recreational Team	Dynamo 3.5-5 yrs
11:00	Boys Recreational Ages 5-7	Dynamo 3.5-5 yrs	Intermediate Gymnastics Girls Age 6-9	USAG Girls Team - All Levels	Recreational Gymnastics Boys Ages 8+
12:00	USAG Girls Team - All Levels	USAG Girls Team - All Levels	Girls Preteam Ages 6-10	Boys Recreational Ages 5-7	Girls Recreational Age 5-7
1:00	CARA Girls Recreational Team	Boys Rockets Training Team	Open Gym Elementary Grades 1-5	CARA Girls Recreational Team	Open Gym Elementary Grades 1-5
2:00	Intermediate Gymnastics Girls Age 6-9	Recreational Gymnastics Girls Ages 8+	Dance Tumbling Ages 10-14	USAG Girls Team - All Levels	Outside Groups: Mtn., Parks&Rec, B&G Club
3:00	Outside Groups: Mtn., Parks&Rec, B&G Club	Outside Groups: Mtn., Parks&Rec, B&G Club	CARA Girls Recreational Team	Outside Groups: Mtn., Parks&Rec, B&G Club	Outside Groups: Mtn., Parks&Rec, B&G Club
4:00					
5:00					
5:30					
6:00					
7:00					Middle School Open Gym 7:00-8:30