

# October

**\*\*Limited Space Call ahead to Register & Pay\*\***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	GYMNASTICS - OCTOBER
	Totnastics 9:00am-10:00am ages 1- 2.5			Kidnastics 9:00am-10:00am Ages 3-5	Toddler Time 9:00-10:00am Ages 0.5-3		
		Kidnastics 10:00-11:00am Ages 3-5		Ninja Kids 10:00-11:00am Ages 4-8	Family Gym 10:00-11:00am Ages 0.5-6	Family Gym 10:00-11:00am Ages 0.5-6	
			Aerial Hoop and Trapeze 11:00-12:00pm Ages 12+			Birthday Parties 11:30am-1:30pm	
No aerial classes on Tues 10/29 or Wed 10/30. No aerial or gymnastics classes on Thurs 10/31.					Birthday Parties 1:00-3:00pm		
			Aerials Level 1 3:45-4:45pm Ages 8+				
		Aerials Level 1 3:45-4:45pm Ages 6-8	Boys Ninja and Parkour 4-5pm Ages 7-9		*Advanced Tramp 4:00pm-5:00pm Ages 9+	*Flip Your Lids 3:00-5:00pm Ages 10+	
Level 1 Beginner 4-5pm Ages 6-10	Level 1 Intermediate 4-5pm Ages 6-10	Aerials Level 1 5-6pm Ages 8+	Level 1 Beginner 5-6pm Ages 6-10	*Aerial Arts Drop-in and Tramp/Open Gym Combined Class 4:00-5:00pm	*Tramp/Open Gym 5:00-6:00pm Ages 8+ <b>No class 10/26</b>		
Level 1 Intermediate 5-6pm Ages 6-10	Aerials Level 2 and 3 5-6pm	Level 4 Team 5pm-7pm	Aerials Level 2 and 3 5-6pm	Optional Team Adv skill session 5pm-7pm <b>No practice 10/25</b>	Adult Open Gym 6:00-8:00pm		
Level 4 and Optional Team 5:30-7:30pm	Level 2 and 3 Team 5pm-7pm	Optional Team 5:30pm-7:30pm	Level 3 Team 5:30-7:30pm	*Adult Silks 6:30-7:30			

\*Drop-in Class

<https://www.fraservalleyrec.org/programs/gymnastics/>

970-726-8968\*0