

January

Limited space call ahead to register and pay

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	GYMNASTICS - JANUARY
Toddler Time 9:00-10:00am Ages 0.5-3	Totnastics 9:00-10:00am Ages 1-3			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	
		Family Gym 11:00am-12:00pm Ages 0.5-6	Aerial Hoop and Trapeze 11:00-12:00pm Ages 12+		Ninja Kids 11:30am-12:30pm Ages 4-8		
			Aerials Level 1 3:45-4:45pm Ages 8+		Birthday Parties 1:00-3:00pm		
Level 1 Beginner 4-5pm Ages 6-10	Level 1 Intermediate 4-5pm Ages 6-10	Aerials Level 1 3:45-4:45pm Ages 6-8	Boys Parkour 4-5pm Ages 7-11	*Aerial Arts Drop-in and Tramp/Open Gym Combined Class 4:00-5:00pm	*Tramp/Open Gym 4:00pm-5:00pm Ages 8+	*Flip Your Lids 3:00-5:00pm Ages 10+	
Level 1 Intermediate 5-6pm Ages 6-10	Aerials Level 2 and 3 5-6pm	Aerials Level 1 5-6pm Ages 8+	Level 1 Beginner 5-6pm		*Tramp/Open Gym 5:00-6:00pm Ages 8+		
Level 4 and Optional Team 5:30-7:30pm	Level 2 and 3 Team 5pm-7pm	Level 4 Team 5pm-7pm	Boys Parkour 5-6pm Ages 7-11	Optional Team Adv skill session 5pm-7pm			
	Adult Open Gym 7pm-8pm 18+	Optional Team 5:30pm-7:30pm	Aerials Level 2 and 3 5-6pm	*Adult Silks 6:30-7:30	Adult Open Gym 6:00-8:00pm		
			Level 3 Team 5:30- 7:30pm				

*Drop-in Class

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

970-726-8968*0