



PROPOSED GYMNASTICS SCHEDULE  
 RAINY LAKE GYMNASTICS ACADEMY  
 SEPTEMBER TO APRIL

|                         | SUNDAY        | MONDAY    | TUESDAY     | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY      |
|-------------------------|---------------|-----------|-------------|-----------|-----------|--------|---------------|
| <b>PARENT &amp; TOT</b> | 10:30-11:00am |           |             |           |           |        |               |
| 2-3 years               |               |           |             |           |           |        |               |
| <b>KINDERGYM</b>        |               |           |             |           |           |        |               |
| 4-5 years               |               |           |             |           |           |        | 9:00-10:00am  |
| <b>RECREATIONAL</b>     | 11:00-12:00   | 4:30-5:30 |             |           |           |        |               |
| 5 & 6 years             |               |           |             |           |           |        | 10:00-11:00am |
| <b>JUNIOR REC 1</b>     |               | 5:30-6:30 | 4:30-5:30pm |           |           |        | 11:00-12:00pm |
| 7 & 8 years             |               |           |             |           |           |        |               |
| <b>JUNIOR REC 2</b>     | 12:00-1:30    |           |             | 5:30-7:00 |           |        | 12:00-1:30pm  |
| 9-11 years              |               |           |             |           |           |        |               |
| <b>SENIOR REC</b>       | 1:00-3:00pm   |           | 5:30-7:30pm |           |           |        | 2:00-4:00pm   |
| 12 +                    |               |           |             |           |           |        |               |
| <b>CONDITIONING</b>     | 10:00-11:00am |           |             |           | 7:30-8:30 |        |               |
| Sept-Dec                |               |           |             |           |           |        |               |
| Jan-Apr                 |               |           |             |           |           |        |               |

Please note: this is a SAMPLE and for proposal purposes only.