



## Mighty Munchkins

For Boys & Girls age 12 months to 5 years. Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music. Student-Coach ratios are 4:1 for age 2, 6:1 for age 3,4 and 8:1 for age 4,5.

40 minute classes	MON	TUE	WED	THUR	SAT
Parent & Tot, 12mo-3yr		11:00am			10:00am
Mighty Munchkin 2yr	10:30am				
Mighty Munchkin 2,3yr	5:00pm	9:30am 5:00pm	9:30am 4:00pm 5:30pm	4:00pm	10:45am
Mighty Munchkin 3,4yr Age 3 and 4	9:45am 5:45pm	10:15am 6:30pm	10:15am 4:45pm	4:45pm 6:15pm	11:30am
Mighty Munchkin 4,5yr Age 4 and 5	11:15am 6:30pm	5:45pm	6:15pm	5:30pm	9:15am 12:15pm



## Girls Gymnastics

For girls 5 and older. New students start with Level 1 and as they acquire skills they progress to the next level. Gymnastics builds strength, flexibility, coordination, confidence and self-esteem. Take more than one class a week to progress faster! Student-Coach ratio is 10:1

55 minute classes	MON	TUE	WED	THUR	SAT
Levels 1, 2, 3	4:00pm 5:00pm 6:00pm	4:00pm 5:00pm 6:00pm 7:00pm (9yrs+)	4:00pm 5:00pm 6:00pm 7:00pm (9yrs+)	4:00pm 5:00pm 6:00pm	9:00am 10:00am 11:00am (9yrs+) 12:00pm
Levels 4,5,6	4:00pm 7:00pm (9yrs+)	4:00pm 5:00pm 7:00pm (9yrs+)	4:00pm 5:00pm 6:00pm 7:00pm (9yrs+)	4:00pm 5:00pm 6:00pm	10:00am 11:00am (9yrs+)
Levels 4-10	7:00pm (9yrs+)		7:00pm (9yrs+)		



## Trampoline & Tumble

For Girls & Boys. Learn skills on the floor & trampoline. A cartwheel is required for Intermediate Level, standing Back Handspring required for Advanced Level. No equipment practice. Student-coach ratio is 10:1

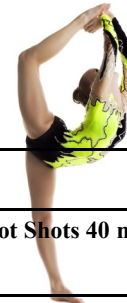
55 minute classes	MON	TUE	THUR
Beginner 5 yrs+			6:00pm
Intermediate 7 yrs+ Skills Required	5:00pm	6:00pm 7:00pm (9 yrs+)	
Advanced 7 yrs+ Skills Required			7:00pm



## Boys Gym & Strength

For Boys 5 years and up, build strength, speed, coordination and gymnastics skills on all the Men's apparatus. Student-Coach ratio is 10:1

55 minute classes	MON	THUR	SAT
5 years+	6:00pm	5:00pm	11:00am



## Invitational Programs

Girls in Eagles' Mighty Munchkin and Levels programs may be invited into one of our advanced programs. Girls in these invitational programs must take twice a week.

	MON	TUE	WED	THUR	FRI	SAT
Hot Shots 40 min	4:15pm 6:15pm	1:00pm	4:15pm	1:00pm 6:15pm		9:15 am
Mini Stars I -2hr		4:30pm			4:30pm	
Mini Stars II -3hr		6:00pm			5:30pm	
Stars 55 min	5:15pm		5:00pm	4:00pm		
Shooting Stars 70 min	4:00pm 7:00pm	6:00pm	6:00pm	7:00pm		