

# Impact Gymnastics Academy- School Year Schedule 2023-2024

September 5<sup>th</sup> 2023 – June 15<sup>th</sup> 2024

## Coed Preschool Gymnastics Program

### Walking to Age 3- Parent and Tot Class

|           |               |
|-----------|---------------|
| Monday    | 5:00 – 5:45   |
| Tuesday   | 9:30 – 10:15  |
| Wednesday | 10:30 – 11:15 |
| Saturday  | 11:15 – 12:00 |



### Ages 3 - 5 Years

|         |               |           |               |
|---------|---------------|-----------|---------------|
| Monday  | 4:00 – 4:45   | Wednesday | 8:30 – 9:15   |
| Monday  | 6:00 – 6:45   | Wednesday | 9:30 – 10:15  |
| Tuesday | 8:30 – 9:15   | Wednesday | 3:30 – 4:15   |
| Tuesday | 10:30 – 11:15 | Wednesday | 4:30 – 5:15   |
| Tuesday | 12:30 – 1:15  | Wednesday | 5:15 – 6:00   |
| Tuesday | 4:30 – 5:15   | Friday    | 5:45 – 6:30   |
| Tuesday | 5:30 – 6:15   | Saturday  | 9:15 – 10:00  |
|         |               | Saturday  | 10:15 – 11:00 |

## Girls Recreational Gymnastics Program

### Recreational Gymnastics (5-8yrs)

|           |             |          |              |
|-----------|-------------|----------|--------------|
| Monday    | 4:00 – 5:00 | Thursday | 6:45 – 7:45  |
| Monday    | 4:30 – 5:30 | Friday   | 3:30 – 4:30  |
| Monday    | 5:15 – 6:15 | Friday   | 3:45 – 4:45  |
| Wednesday | 3:30 – 4:30 | Friday   | 4:30 – 5:30  |
| Wednesday | 4:45 – 5:45 | Friday   | 4:45 – 5:45  |
| Wednesday | 6:00 – 7:00 | Saturday | 8:00 – 9:00  |
| Wednesday | 4:00 – 5:00 | Saturday | 12:00 – 1:00 |
| Wednesday | 6:15 – 7:15 | Saturday | 12:15 – 1:15 |
| Thursday  | 4:00 – 5:00 | Saturday | 1:15 – 2:15  |

### Recreational Gymnastics (8+yrs)

|           |             |          |             |
|-----------|-------------|----------|-------------|
| Monday    | 5:45 – 6:45 | Friday   | 3:30 – 4:30 |
| Monday    | 7:00 – 8:00 | Friday   | 6:45 – 7:45 |
| Tuesday   | 7:15 – 8:15 | Friday   | 7:00 – 8:00 |
| Wednesday | 7:15 – 8:15 | Saturday | 1:30 – 2:30 |

## Girls Pre-Competitive Stars Program

### Little Stars (4-6yrs)

*by coach recommendation only*

|          |             |
|----------|-------------|
| Tuesday  | 4:15 – 5:15 |
| Thursday | 4:15 – 5:15 |
| Thursday | 5:30 – 6:30 |
| Friday   | 6:00 – 7:00 |

### Shooting Stars (7+yrs)

*by coach recommendation only*

|           |               |
|-----------|---------------|
| Monday    | 6:30 – 8:00   |
| Tuesday   | 5:30 – 7:00   |
| Tuesday   | 6:30 – 8:00   |
| Wednesday | 4:15 – 5:45   |
| Friday    | 5:00 – 6:30   |
| Saturday  | 8:30 – 10:00  |
| Saturday  | 10:00 – 11:30 |

### Stars Open Team (9-13yrs)

*by coach recommendation only*

|           |               |
|-----------|---------------|
| Wednesday | 6:00 – 8:00   |
| Saturday  | 10:15 – 12:15 |



## Boys Gymnastics Program

### Recreational Gymnastics (5-8yrs)

|          |             |
|----------|-------------|
| Tuesday  | 3:45 – 4:45 |
| Tuesday  | 5:00 – 6:00 |
| Thursday | 3:30 – 4:30 |
| Thursday | 4:45 – 5:45 |
| Saturday | 8:00 – 9:00 |

### Recreational Gymnastics (8+yrs)

|          |             |
|----------|-------------|
| Thursday | 6:00 – 7:00 |
|----------|-------------|

### Boys Open Team (8+yrs)

*by coach recommendation only*

|          |              |
|----------|--------------|
| Thursday | 5:15 – 7:15  |
| Saturday | 9:00 – 11:00 |

## Coed Gymnastics Programs

### Home-school classes

|                  |              |
|------------------|--------------|
| Tuesday (5-7yrs) | 12:15 – 1:15 |
| Tuesday (8+yrs)  | 12:15 – 1:15 |

### Special Programming

|                    |          |                       |
|--------------------|----------|-----------------------|
| Special Athletes   | Saturday | 11:30 – 12:30         |
| Tramp and Tumbling | Thursday | 7:30 – 8:30 (drop in) |



## 2023 – 2024 Impact Pricing / Discounts

|                               |                  |
|-------------------------------|------------------|
| 45- minute class 1 x per week | \$78.75 monthly  |
| 1-hour class 1 x per week     | \$84 monthly     |
| 1.5 hour class 1 x per week   | \$110.25 monthly |
| 2-hour class 1 x per week     | \$147 monthly    |

\*Annual Registration fee of \$40 per student

\*Sibling and military discounts are available

## Impact Gymnastic Academy

Ph: 603-219-0343

e-mail: [staff@impact-gymnastics.com](mailto:staff@impact-gymnastics.com)

web: [www.impact-gymnastics.com](http://www.impact-gymnastics.com)