



RIVER CITY YOUTH FITNESS

Fall 2008 (updated 8-7-08) 784-1990 www.rcyf.com



MASTER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat
OTTER GYMNASTICS (18 months - Kindergarten)						
OTTER PARENT & PUP (18 MO-36 MO)			10:30 - 11:15	9:15 - 10:00	9:15 - 10:00 5:15 - 6:00	9:00 - 9:45
OTTER PUPS I (3 YR OLDS)	9:15 - 10:00 10:30 - 11:15	9:15 - 10:00	10:30 - 11:15 5:30 - 6:15	10:30 - 11:15 5:30 - 6:15	9:15 - 10:00 10:30 - 11:15	10:15 - 11:00
OTTER PUPS II (4-5 YR OLDS)	9:15 - 10:15 10:30 - 11:30 12:45 - 1:45 4:15 - 5:15	10:30 - 11:30 12:45 - 1:45 5:15 - 6:15	9:15 - 10:15	9:15 - 10:15 12:45 - 1:45 3:15 - 4:15	10:30 - 11:30	9:00 - 10:00
KINDER PUPS (KINDERGARTEN)	3:15 - 4:15	6:15 - 7:15	3:00 - 4:00	12:45 - 1:45 4:30 - 5:30	12:45 - 1:45 4:15 - 5:15	10:00 - 11:00
SCHOOL AGE GYMNASTICS COED (1st Grade - 18 years)						
JR. BEGINNER GYMNASTICS (ages 5-7)	3:15 - 4:15		3:15 - 4:15	5:30 - 6:30		
BEGINNER GYMNASTICS (6+)	5:30 - 6:30	3:15 - 4:15 6:15 - 7:15		6:30 - 7:30	3:15 - 4:15	9:00 - 10:00
ADVANCED BEGINNER (6+)	4:15 - 5:30	3:15 - 4:30	5:45 - 7:00	3:15 - 4:30	4:15 - 5:30	11:30 - 12:45
JR. INTERMEDIATE GYMNASTICS (ages 6-9)		4:15 - 5:45	4:15 - 5:45			
INTERMEDIATE GYMNASTICS (7+)	5:30 - 7:00			3:00 - 4:30 4:30 - 6:00		10:00 - 11:30
ADVANCED INTERMEDIATE		4:30 - 6:00	5:00 - 6:30		5:45 - 7:15	
*ADVANCED GYMNASTICS (7+)						
MIDDLE/HIGH SCHOOL		6:45 - 8:45 Tue/Thur	6:30 - 8:30 Wed. only	6:45 - 8:45 Tue/Thur		
SCHOOL AGE GYMNASTICS BOYS (Kindergarten - 18 years)						
JR. BOYS BEGINNER (5-7 years)		3:15 - 4:15				
BEGINNER BOYS GYM AGES 6-11	3:15 - 4:15					10:30 - 11:30
INTERMEDIATE BOYS (7+)					3:00 - 4:30	
ADVANCED BEGINNER BOYS (6+)					3:15 - 4:15	
TEAM DEVELOPMENT						
* ALL STAR PUPS (4-6)		12:30 - 1:45	1:00 - 2:15 4:15 - 5:30		3:00 - 4:15	
* SENIOR ALL STAR (5.5+)		5:30 - 7:00				
SPORTS & GYMNASTICS						
SPORTS & GYM OTTER PUP I (3 YRS)	12:45 - 1:30	10:30 - 11:15	9:15 - 10:00			
SPORTS & GYM OTTER PUP II (4-5 YRS)		9:15 - 10:15	12:45 - 1:45	10:30 - 11:30	12:45 - 1:45	

* Must be recommended for these classes

*CLASS DAYS AND TIMES ARE SUBJECT TO CHANGE, PLEASE CALL FOR CONFIRMATION



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MASTER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat
DANCE & GYMNASTICS						
DANCE & GYM OTTER PUP I (3 YRS)	11:45 - 12:30				10:45 - 11:30	
DANCE & GYM OTTER PUP II (4 & 5 YRS)			11:30 - 12:30		9:30 - 10:30	

HIP HOP DANCE

Schedule available at front desk.

RIVER CITY DANCE COMPANY

Schedule available at front desk.

USA TIGER KARATE (www.usatigerma.com) 741-7400

BEGINNER (6+)	6:00 - 6:30	4:00 - 4:30		4:00 - 4:30		
OLYMPIC TRAINING	5:30 - 6:00	5:15 - 5:45		5:15 - 5:45		
INTERMEDIATE/ADVANCE	4:45 - 5:30	4:30 - 5:15		4:30 - 5:15		
ALL BELTS/BEGINNER - ADVANCE	6:30 - 7:00	5:45 - 6:15		5:45 - 6:15		

SESSION 1 - Sept 2 - Oct 25

Registration for Session 1

Priority Registration July 21 - Aug 2

Sibling Registration Begins Aug 4

OPEN REGISTRATION BEGINS Aug 11

*** Children can make up one class per session. Make-ups are scheduled based on availability, so please contact us at 784-1990 to schedule your make-up. Make-ups may not be carried over to the next session***

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