

TROUSDELL GYMNASTICS CENTER

Summer 2012 SCHEDULE

8 weeks, June 11, 2012 - August 4, 2012

326 John Knox Rd. Tallahassee FL 32303 (850) 891- 4908



Center Supervisors:

Judy Kuhnle - Supervisor

Marsha Gillespie - Assistant Supervisor

Michael Body - Assistant Supervisor/Head Women's Coach

Michael Manahan - Assistant Supervisor/Head Men's Coach



Hours of Operation during session:

Monday- Thursday 1:00pm - 9:00pm Friday 1:00 - 6:00pm

Saturday 9:00am - 12:00pm

Gym Closures this session:

Wednesday July 4, 2012 - Independence Day

June 29th & 30th 2012- Large Swim Meet at Trousdell Aquatics (next door)

****THESE CLASSES MAY BE MADE UP SOMETIME DURING THE CURRENT SESSION****

General Public Registration (Call-In Registration ONLY)

Call for open spaces (850-891-4908) on: Saturday, May 19, 2012 between 9 AM- 12PM

If we place your child's name into a class during General Public Registration, please come by the gym between 1-7 PM, by June 1, 2012, to fill out a registration form and pay your fees. If for some reason you are unable to get through on the initial day of General Public Registration, please call us back the following week after 1pm, we will continue taking registration until all spots are filled.

Attire for Classes (NO JEWELRY)

Girls: Leotards, bare feet (in class only), long hair in ponytail or pigtails. Use just a covered rubber band, not the ponytail holder with hard plastic balls, elaborate bows, or headbands.

Boys: Gym shorts, sweat pants, t-shirt, bare feet (in class only). No clothing that contains zippers snaps, or buttons should be worn for classes.

Dance: BALLET/JAZZ: Solid black or pink leotard, pink tights, & the appropriate class shoes, i.e. ballet shoes for ballet, CHEER DANCE/ HIP HOP: shorts, t-shirt, tennis shoes and socks. Twinkle Toes: Ballet and/or dance/gymnastics attire.

	<i>Hours per Week</i>	<i>Classes</i>	<i>Fee/8 weeks</i>
1	<u>½ hour/week</u>	<i>All preschool classes (Explorers, Navigators, Jet, or 4 yr old Superman, Superstar or Twinkle)</i>	\$23.75
2	<u>55min/week</u>	<i>All classes meeting once a week for 55 min. (Kinder. Gym, Dance)</i>	\$28.00
3	<u>55min/2xweek</u>	<i>All classes meeting twice a week for 55min (ex Beg. Int 1, 2. Flippers, Boys 1,2, Iron Man 1)</i>	\$41.25
4	<u>3 hours/week</u>	<i>Kips, Flyers B, Adult Ballet, Ballet 3, Iron Man 2 Gymnastic classes</i>	\$47.50
5	<u>4 hours/week</u>	<i>Aerials, Flyers C, Iron Man 3 Gymnastics classes</i>	\$51.00
6	<u>5 hours/week</u>	<i>Twisters, Gymnastics</i>	\$60.75
7	<u>Adaptive</u>	<i>Adapted Gymnastics -classes for children with Special Needs</i>	\$33.25

Trousdel Gymnastics Center - Summer 2012

Girls Gymnastics

Beginner 1 (6-9yrs)		
D1300	Mon & Wed	3:00-3:55
D1332	Mon & Wed	3:30-4:25
D1400	Mon & Wed	4:00-4:55
D1500	Mon & Wed	5:00-5:55
D1600	Mon & Wed	6:00-6:55
D2131	Tues & Thurs	1:30-2:25
D2230	Tue & Thurs	2:30-3:25
D2330	Tue & Thurs	3:30-4:25
D2430	Tue & Thurs	4:30-5:25
D2434	Tue & Thurs	4:30-5:25
D2601	Tue & Thurs	6:00-6:55
D2700	Tue & Thurs	7:00-7:55
D2701	Tue & Thurs	7:00-7:55
D5101	Friday	1:00-1:55
D5102	Friday	1:00-1:55
D5201	Friday	2:00-2:55
D5301	Friday	3:00-3:55
D5401	Friday	4:00-4:55
D6901	Saturday	9-9:55am
D6102	Saturday	10-10:55am
Beginner 2 (6-9yrs)		
D1331	Mon & Wed	3:30-4:25
D1430	Mon & Wed	4:30-5:25
D1630	Mon & Wed	6:30-7:25
D2231	Tue & Thurs	2:30-3:25
D2331	Tue & Thurs	3:30-4:25
D2400	Tue & Thurs	4:00-4:55
D2533	Tue & Thurs	5:30-6:25
D5202	Friday	2:00-2:55
D5402	Friday	4:00-4:55
D6101	Saturday	10-10:55am
Intermediate 1 (6-9yrs)		
D1705	Mon & Wed	7:00-7:55
D2335	Tue & Thurs	3:30-4:25
D2602	Tue & Thurs	6:00-6:55
D5302	Friday	3:00-3:55
D6902	Saturday	9-9:55am
Intermediate 2 (6-9yrs)		
D1603	Mon & Wed	6:00-6:55
D2432	Tue & Thurs	4:30-5:25
Flyers A (9-15yrs)		
D1530	Mon & Wed	5:30-6:25
D1730	Mon & Wed	7:30-8:25
D1800	Mon & Wed	8:00-8:55
D2501	Tue & Thurs	5:00-5:55
D2731	Tue & Thurs	7:30-8:25
D5502	Friday	5:00-5:55
D6111	Saturday	11-11:55am
Flyers B (9-15yrs)		
D1433	Mon & Wed	4:30-5:55
D1634	Mon & Wed	6:30-7:55
D1731	Mon & Wed	7:30-8:55
D2205	Tue & Thurs	2:00-3:25
D2431	Tue & Thurs	4:30-5:55
D2730	Tue & Thurs	7:30-8:55
Flyers C (9-15yrs)		
D1703	Mon & Wed	7:00-8:55
D2502	Tue & Thurs	5:00-6:55
D2702	Tue & Thurs	7:00-8:55
Flippers (Recom. Only)		
D1333	Mon & Wed	3:30-4:25
D1700	Mon & Wed	7:00-7:55
D2401	Tue & Thurs	4:00-4:55
D2530	Tue & Thurs	5:30-6:25
D2600	Tue & Thurs	6:00-6:55
Kips (Recom. Only)		
D1330	Mon & Wed	3:30-4:55
D1432	Mon & Wed	4:30-5:55
D1501	Mon & Wed	5:00-6:25
D1602	Mon & Wed	6:00-7:25
D2332	Tue & Thurs	3:30-4:55
D2630	Tue & Thurs	6:30-7:55
Aerials (Recom. Only)		
D1402	Mon & Wed	4:00-5:55
D2135	Tue & Thurs	1:30-3:25
D2531	Tue & Thurs	5:30-7:25
Twisters Girls (Recom. Only)		
D1431	Mon & Wed	4:30-6:55
D1604	Mon & Wed	6:00-8:25
D2500	Tue & Thurs	5:00-7:25
D2632	Tue & Thurs	6:30-8:55

Boys Gymnastics

Boys 1 (6-9yrs)		
D1301	Mon & Wed	3:00-3:55
D1401	Mon & Wed	4:00-4:55
D1601	Mon & Wed	6:00-6:55
D2609	Tue & Thurs	6:00-6:55
D5203	Friday	2:00-2:55
D5503	Friday	5:00-5:55
D6903	Saturday	9-9:55am
D6113	Saturday	11-11:55am
Boys 2 (6-9yrs)		
D1502	Mon & Wed	5:00-5:55
D2708	Tue & Thurs	7:00-7:55
D5303	Friday	3:00-3:55
D6103	Saturday	10-10:55am
Teen Boys (10-15yrs)		
D1801	Mon & Wed	8:00-8:55
D5403	Friday	4:00-4:55

KINDER GYM

Kindergarten A (Beginner)		
K1302	Monday	3:00-3:55
K1334	Monday	3:30-4:25
K1503	Monday	5:00-5:55
K1706	Monday	7:00-7:55
K2402	Tuesday	4:00-4:55
K2703	Tuesday	7:00-7:55
K3303	Wednesday	3:00-3:55
K3606	Wednesday	6:00-6:55
K4302	Thursday	3:00-3:55
K4333	Thursday	3:30-4:25
K4504	Thursday	5:00-5:55
K5105	Friday	1:00-1:55
K5404	Friday	4:00-4:55
K5504	Friday	5:00-5:55
K6904	Saturday	9-9:55am
K6114	Saturday	11-11:55am
Kindergarten B (INTERMEDIATE)		
K1605	Monday	6:00-6:55
K2301	Tuesday	3:00-3:55
K2333	Tuesday	3:30-4:25
K2503	Tuesday	5:00-5:55
K3334	Wednesday	3:30-4:25
K3504	Wednesday	5:00-5:55
K3707	Wednesday	7:00-7:55
K4403	Thursday	4:00-4:55
K5204	Friday	2:00-2:55
K6104	Saturday	10-10:55am
Kindergarten C (Adv. Girls)		
K1403	Monday	4:00-4:55
K2603	Tuesday	6:00-6:55
K4604	Thursday	6:00-6:55
K5304	Friday	3:00-3:55
Kindergarten C (Adv. Boys)		
K3404	Wednesday	4:00-4:55
K4704	Thursday	7:00-7:55

COMPETITIVE (Prep)

Superstar (4 yrs Girls)		
C1200	Monday	2:00-2:30
C1230	Monday	2:30-3:00
C2133	Tuesday	1:30-2:00
C2200	Tuesday	2:00-2:30
C3231	Wednesday	2:30-3:00
C4233	Thursday	2:30-3:00
Superman (4 yrs Boys)		
C1101	Monday	1:00-1:30
C1131	Monday	1:30-2:00
C2232	Tuesday	2:30-3:00
C3234	Wednesday	2:30-3:00
C3309	Wednesday	3:00-3:30
Boys Power Team (strength & cond)		
C5103	Friday (6-8)	1:00-1:55

Boys Iron Man

Iron Man 1 (Recom. only)		
D1704	Mon & Wed	7:00-7:55
D2334	Tues & Thurs	3:30-4:25
Iron Man 2 (Recom. Only)		
D2433	Tue & Thurs	4:30-5:55
Iron Man 3 (Recom. Only)		
D2608	Tues & Thurs	6:00-7:55

ADULT Classes

Step-Aerobics		
S1507	Mon & Wed	5:00-5:55
S2437	Tues & Thurs	4:30-5:25
Yoga		
S4638	Thursday	6:30-7:25
Zumba		
S3409	Wednesday	4:00-4:55
Nia (combination, yoga, kickboxing, Zumba)		
S2635	Tuesday	6:30-7:25
S4637	Thursday	6:30-7:25
Gymnastics		
S1802	Mon & Wed	8:00-8:55
Ballet		
S2734	Tue & Thurs	7:30-8:55
Hip Hop		
S3710	Wednesday	7:00-7:55
Strength/Stretch		
S2339	Tues & Thurs	3:30-4:25

Tween Dance & Yoga

Ballet 1 (Beg. (9-13 yrs old))		
S6116	Saturday	11:00-11:55
Hip Hop (9-13yrs old)		
S3509	Wednesday	5:00-5:55
S2536	Tuesday	5:30-6:25
S5506	Friday	5:00-5:55
Yoga (9-15 yrs old)		
S3600	Wednesday	6:00-6:55

DANCE

Ballet 1 (Beg. (5-8 yrs old))		
S2636	Tuesday	6:30-7:25
S3307	Wednesday	3:00-3:55
S4538	Thursday	5:30-6:25
S5207	Friday	2:00-2:55
S5406	Friday	4:00-4:55
S6906	Saturday	9-9:55am
Ballet 2 (Intermediate, Recom. Only)		
S6106	Saturday	10-10:55am
Ballet 3 (Advanced, Recom. Only)		
S2734	Tue & Thurs	7:30-8:55
Hip Hop (5-8yrs old)		
S1408	Monday	4:00-4:55
S2338	Tuesday	3:30-4:25
S5108	Friday	1:00-1:55
S6907	Saturday	9-9:55am

Cheer

Cheer Dance (5-8yrs old)		
S1306	Monday	3:00-3:55
S1508	Monday	5:00-5:55
S2537	Tuesday	5:30-6:25
S4339	Thursday	3:30-4:25
S5107	Friday	1:00-1:55
S5407	Friday	4:00-4:55
Cheer Tumble 1 (9-15yrs)		
S2132	Tue & Thurs	1:30-2:25
S2802	Tue & Thurs	8:00-8:55
S5501	Friday	5:00-5:55
S6112	Saturday	11-11:55am
Cheer Tumble 2 (9-15yrs)		
S2800	Tue & Thurs	8:00-8:55
S2801	Tue & Thurs	8:00-8:55
S2803	Tue & Thurs	8:00-8:55
Adv. Tumble (9-15yrs)		
S2804	Tue & Thurs	8:00-8:55

Twinkle Toes 3 & 4 yrs. Dance

S1407	Monday	4:00-4:30
S1430	Monday	4:30-5:00
S1601	Monday	6:00-6:30
S1633	Monday	6:30-7:00
S3410	Wednesday	4:00-4:30
S3431	Wednesday	4:30-5:00
S5308	Friday	3:00-3:30
S5332	Friday	3:30-4:00
S5507	Friday	5:00-5:30
S5532	Friday	5:30-6:00
S6107	Saturday	10-10:30am
S6103	Saturday	10:30-11am
S6117	Saturday	11-11:30am
S6130	Saturday	11:30am-12pm

PRESCHOOL parent/child

Explorers Gymnastics 2 yrs.		
W1130	Monday	1:30-2:00
W1304	Monday	3:00-3:30
W1434	Monday	4:30-5:00
W1607	Monday	6:00-6:30
W1708	Monday	7:00-7:30
W2234	Tuesday	2:30-3:00
W2404	Tuesday	4:00-4:30
W2534	Tuesday	5:30-6:00
W2705	Tuesday	7:00-7:30
W3336	Wednesday	3:30-4:00
W3506	Wednesday	5:00-5:30
W3632	Wednesday	6:30-7:00
W4132	Thursday	1:30-2:00
W4304	Thursday	3:00-3:30
W4436	Thursday	4:30-5:00
W4606	Thursday	6:00-6:30
W4733	Thursday	7:30-8:00
W5106	Friday	1:00-1:30
W5205	Friday	2:00-2:30
W5405	Friday	4:00-4:30
W5531	Friday	5:30-6:00
W6905	Saturday	9-9:30am
W6103	Saturday	10:30-11am
Navigators Gymnastics 3 yrs.		
T1232	Monday	2:30-3:00
T1405	Monday	4:00-4:30
T1531	Monday	5:30-6:00
T1732	Monday	7:30-8:00
T2203	Tuesday	2:00-2:30
T2336	Tuesday	3:30-4:00
T2505	Tuesday	5:00-5:30
T2633	Tuesday	6:30-7:00
T2732	Tuesday	7:30-8:00
T3131	Wednesday	1:30-2:00
T3202	Wednesday	2:00-2:30
T3305	Wednesday	3:00-3:30
T3435	Wednesday	4:30-5:00
T3608	Wednesday	6:00-6:30
T3733	Wednesday	7:30-8:00
T4235	Thursday	2:30-3:00
T4405	Thursday	4:00-4:30
T4535	Thursday	5:30-6:00
T4706	Thursday	7:00-7:30
T5132	Friday	1:30-2:00
T5231	Friday	2:30-3:00
T5305	Friday	3:00-3:30
T5431	Friday	4:30-5:00
T6930	Saturday	9:30-10am
T6115	Saturday	11-11:30am
Jets Gymnastics 4 yrs.		
F1201	Monday	2:00-2:30
F1335	Monday	3:30-4:00
F1505	Monday	5:00-5:30
F1631	Monday	6:30-7:00
F2134	Tuesday	1:30-2:00
F2303	Tuesday	3:00-3:30
F2435	Tuesday	4:30-5:00
F2605	Tuesday	6:00-6:30
F3233	Wednesday	2:30-3:00
F3406	Wednesday	4:00-4:30
F3532	Wednesday	5:30-6:00
F3709	Wednesday	7:00-7:30
F4204	Thursday	2:00-2:30
F4337	Thursday	3:30-4:00
F4506	Thursday	5:00-5:30
F4634	Thursday	6:30-7:00
F5331	Friday	3:30-4:00
F5505	Friday	5:00-5:30
F6105	Saturday	10-10:30am
F6113	Saturday	11:30-12pm

Adapted Gym (5-13 yrs. Old)

S6121	Saturday	12-12:55pm
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