

# SCHOOL-AGE CLASSES 2021-2022

## Weekday Classes

|              | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   |
|--------------|--|---|--|--|
| 2:00-3:00 pm |  |   |  | Homeschool Boys Gymnastics K-up<br>Homeschool Girls Gymnastics K-1st<br>Homeschool Girls Gymnastics 2nd-3rd<br>Homeschool Girls Gymnastics 4th-up<br>Homeschool Trampoline & Tumbling                                      |
| 3:30-4:30 pm | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Beginner/Intermediate TNT 4th-12th<br>Jazz Funk Dance K-6th<br>Rock Wall (Beginner)<br>Ninja Warrior K-2nd Grade<br>Parkour K-2nd Grade  | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Beginner/Intermediate TNT K-3rd<br>Tumbling & Trampoline Team Prep<br>Lyrical Contemp Ballet Combo 8 & up<br>Rock Wall (intermediate)<br>Ninja Warrior K-2nd Grade<br>Parkour K-2nd Grade | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT K-3rd<br>Back Handspring 101<br>Dance Gym Combo K-5th<br>Ninja Warrior K-2nd Grade<br>Parkour K-2nd Grade   | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Tumbling & Trampoline Team Prep<br>Dance Jazz Ballet K-3rd<br>Rock Wall (beginner)<br>Ninja Warrior K-2nd Grade<br>Parkour K-2nd Grade                   |
| 4:00-5:00 pm |  |   | Beginning Recreational Diving  |  |
| 4:45-5:45 pm | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Beginner/Intermediate TNT K-3rd<br>Acrobatic Gymnastics (beginners)<br>Rock Wall (intermediate)<br>Ninja Warrior 2nd-5th Grade   | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Beginner/Intermediate TNT K-3rd<br>Beginner/Intermediate TNT 4th-12th<br>Dance Tap Jazz age 8 & up<br>Rock Wall (Beginner)<br>Ninja Warrior 3rd-5th Grade                                 | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT 4th-12th<br>Acrobatic Gymnastics (intermediate)<br>Dance/Gym Combo K-5th<br>Parkour 3rd-5th Grade           | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT K-3rd<br>Beginner/Intermediate TNT 4th-12th<br>Rock Wall (intermediate)<br>Parkour 3rd-5th Grade  |
| 6:00-7:00 pm | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT K-3rd<br>Beginner/Intermediate TNT 4th-12th<br>Tap Jazz Ballet K-5th<br>Rock Wall (beginner)<br>Ninja Warrior K-2nd Grade | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Girls Gymnastics Advanced K & up<br>Beginner/Intermediate TNT K-3rd<br>Beginner/Intermediate TNT 4th-12th<br>Rock Wall (advanced)<br>Parkour 3rd-5th Grade   | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT K-3rd<br>Back Handspring 101<br>Dance/Gym Combo K-5th<br>Parkour 3rd-5th Grade | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th & up<br>Girls Gymnastics 4th & up<br>Advanced Tumbling age 5 & up<br>Beginner/Intermediate TNT K-3rd<br>Ninja Warrior 3rd-5th Grade |
| 7:10-8:10 pm | Girls Gymnastics 4th & up<br>Beginner/Intermediate TNT 4th-12th<br>Parkour 6th-12th Grade  | Girls Gymnastics 4th & up<br>Advanced Tumbling age 5 & up<br>Advanced Parkour by Invitation   | Parkour 6th-12th Grade   | Girls Gymnastics 4th & up<br>Advanced Trampoline age 5 & up<br>Ninja Warrior 6th-12th Grade  |

## Saturday Classes

|  | 9:00-10:00 am   | 10:10-11:10 am   | 11:20 am - 12:20 pm  |  |
|--|---|--|--|--|
|  | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Beginner/Intermediate TNT 4th-12th<br>Pre Pointe Ballet | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th Grade & up<br>Beginner/Intermediate TNT K-3rd | Girls Gymnastics K-1st Grade<br>Girls Gymnastics 2nd-3rd Grade<br>Girls Gymnastics 4th Grade & up<br>Back Handspring 101 |  |

- Acrobatic Gymnastics (Acro)
- Dance
- Diving
- Girls Gymnastics
- Home School Classes

- Trampoline and Tumbling (TNT)
- Rockwall
- Ninja Warrior
- Parkour

### More Classes Coming Soon:

- More Diving at the Greensboro Aquatic Center
- Tricking
- Cheerleading



For more information on our school age rec. classes, contact us:  
[ultimatekids.com](http://ultimatekids.com) | 336-665-0662 | 6904 Downwind Road, Greensboro, NC