



# RIVER CITY YOUTH FITNESS

Winter 2010 (updated 1-14-10) 784-1990 [www.rcyf.com](http://www.rcyf.com)



## MASTER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>OTTER GYMNASTICS (18 months - Kindergarten)</b>						
OTTER PARENT & PUP (18 MO-36 MO)	10:15 - 11:00			9:15 - 10:00	9:15 - 10:00	9:00 - 9:45
OTTER PUPS I (3 YR OLDS)		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 5:45 - 6:30	10:15 - 11:00
OTTER PUPS II (4-5 YR OLDS)	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 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	4:30 - 5:30	4:30 - 5:30	10:00 - 11:00
<b>SCHOOL AGE GYMNASTICS (GIRLS) 1st Grade - 18 years</b>						
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 6:00 - 7:00		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		6:00 - 7:30		
*ADVANCED GYMNASTICS (7+)						
MIDDLE/HIGH SCHOOL		7:00 - 9:00 Tue/Thur		7:00 - 9:00 Tue/Thur		
<b>TEAM DEVELOPMENT (GIRLS)</b>						
*JR. ALL STARS (3.5-4.5)		12:45 - 1:45			12:45 - 1:45	
* ALL STAR PUPS 1 (4-6)			3:00-4:15 4:15 - 5:30	4:30 - 5:45		
* ALL STAR PUPS 2 (4-6)					3:30 - 5:00	
* SENIOR ALL STAR (5.5+)		5:30 - 7:00				
<b>SCHOOL AGE GYMNASTICS (BOYS) Kindergarten - 18 years</b>						
JR. BOYS BEGINNER (5-7)		3:15 - 4:15				
BEGINNER BOYS GYM (6-11)	3:15 - 4:15	4:15 - 5:15				11:30 - 12:30
ADVANCED BEGINNER BOYS (6+)				4:30 - 5:30		
*ADVANCED BEGINNER BOYS 1 (7+)						11:30 - 12:45
<b>TEAM DEVELOPMENT (BOYS)</b>						
* BOYS ALL STAR				1:00 - 2:00		
* BOYS ALL STAR 1			5:00 - 6:00	4:00 - 5:00	3:30 - 4:30	
* BOYS ALL STAR 2	3:45 - 5:00		4:45 - 6:00			
* BOYS ALL STAR 3			3:15 - 4:45			
*PRE-TEAM Mon/Fri	3:15 - 4:15				3:15 - 4:15	

\* 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
<b>SPORTS &amp; GYMNASISTICS</b>						
SPORTS & GYM OTTER PUP I (3 YRS)	9:30 - 10:15 12:45 - 1:30		9:15 - 10:00			
SPORTS & GYM OTTER PUP II (4-5 YRS)		9:15 - 10:15 10:30 - 11:30 12:45 - 1:45	12:45 - 1:45		12:45 - 1:45	
<b>DANCE &amp; GYMNASISTICS</b>						
DANCE & GYM OTTER PUP I (3 YRS)	11:45 - 12:30			11:30 - 12:15 3:30-4:15		
DANCE & GYM OTTER PUP II (4 & 5 YRS)		3:15 - 4:15			9:30 - 10:30	

## RIVER CITY DANCE COMPANY

Schedule available at Front Desk or [www.rcyf.com](http://www.rcyf.com)

**Session 3: January 4 - February 27**  
Registration accepted mid-session! Call today!

**Session 4: March 1 - April 24**  
Priority Registration: Feb. 1 - Feb. 13  
Sibling/Switch Week Registration: Feb. 15 - Feb. 20  
Open Registration begins Feb. 22

*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 class. Make-ups cannot be carried over to the next session.*

\* Must be recommended for these classes

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