

SGA GIRLS REC SCHEDULE

	MON.	TUES.	WED	THURS.	FRI.	SAT.
LEVEL 1	4:00-4:55 5:00-5:55 6:00-6:55	4:00-4:55 5:00-5:55	4:00-4:55 5:00-5:55 6:00-6:55	4:00-4:55 6:00-6:55	2:00-2:55 5:00-5:55	9:00-9:55 10:00-10:55 11:00-11:55
LEVEL 1 ADV	4:00-4:55 5:00-5:55 6:00-6:55	4:00-4:55 6:00-6:55	5:00-5:55	5:00-5:55		11:00-11:55
LEVEL 2		5:00-5:55	5:00-5:55	6:00-6:55	5:00-5:55	
LEVEL 2 ADV	4:00-4:55	4:00-4:55	6:00-6:55	5:00-5:55		11:00-11:55

GIRLS 1 AND ADVANCED:

GYMNASTS WILL FOCUS ON FLOOR, BARS, VAULT, AND BEAM SKILLS WITH THE HELP OF AN EXPERIENCED INSTRUCTOR TO MASTER THESE SKILLS. NO PREREQUISITES REQUIRED FOR THIS CLASS

GIRLS LEVEL 2:

LEVEL 2 CONTINUES TO BUILD ON THE USAG GUIDELINES AND PREPARES YOUR GYMNAST FOR THE NEXT LEVEL. PRE-REQUISITES:

COMPLETION OF GIRLS 1 , GIRLS 1A, OR COACH EVAL

GIRLS 2 ADVANCED:

FOR THOSE GYMNASTS THAT HAVE GONE THROUGH THE BEGINNING LEVELS AND ARE READY TO ADVANCE THEIR SKILLS .