



**AMERIKIDS TEAMS
SUMMER 2017 SCHEDULES**

MAY 30 - JULY 22

omegagym.org

GIRLS:

DEVELOPMENTAL TEAM 2

Monday 2:00 - 4:00 p.m.
Thursday 6:00 - 8:00 p.m.
4 hrs./wk. *

DEVELOPMENTAL TEAM NOVICE

Tuesday 5:30 - 8:30 p.m.
Friday 10:00 a.m. - 1:00 p.m.
6 hrs./wk. *

NEW AK NOVICE OPTIONAL TEAM

Monday 2:00 - 4:00 p.m.
Wednesday 4:00 - 6:00 p.m.
4 hrs./wk. *

RETURNING AK NOVICE OPTIONAL TEAM

Tuesday 10:30 - 1:00 p.m.
Thursday 5:30 - 8:00 p.m.
5 hrs./wk. *

INTERMEDIATE OPTIONAL

Monday 11:00 a.m. - 2:00 p.m.
Wednesday 6:00 - 9:00 p.m.
Friday 1:00 - 4:00 p.m.* (Opt. 3rd day)
6 hrs./wk. *
9 hrs./wk. *

GIRLS (cont'd):

ADVANCED OPTIONAL

Monday 11:00 a.m. - 2:00 p.m.
Tuesday 1:00 - 4:00 p.m.
Wednesday 6:00 - 9:00 p.m.
Friday 1:00 - 4:00 p.m.* (Opt. 4th day)
9 hrs./wk. *
12 hrs./wk. *

OPEN OPTIONAL

Monday 11:00 a.m. - 2:00 p.m.
Tuesday 1:00 - 4:00 p.m.
Wednesday 6:00 - 9:00 p.m.
Friday 1:00 - 4:00 p.m.
12 hrs./wk. *

BOYS:

DEVELOPMENTAL TEAM 3/4

Monday 4:00 - 6:00 p.m.
Thursday 4:00 - 6:00 p.m.
4 hrs./wk. *

* Students may add a tumbling class for an additional cost