



**AMERIKIDS TEAMS  
SCHOOL-YEAR SCHEDULES  
AUGUST 1, 2016 – MAY 20, 2017**  
[omegagym.org](http://omegagym.org)

**GIRLS:**

**OPEN OPTIONALS**

Wednesday 6:00 - 8:30 p.m.  
Thursday 6:00 - 9:00 p.m.  
Saturday 2:00 - 5:00 p.m.  
8½ hrs./wk.\*

**ADVANCED OPTIONALS**

Thursday 6:00 - 9:00 p.m.  
Saturday 2:00 - 5:00 p.m.  
6 hrs./wk.\*

**INTERMEDIATE OPTIONALS**

Wednesday 6:00 - 8:30 p.m.  
Saturday 2:00 - 5:00 p.m.  
5½ hrs./wk.\*

**NOVICE OPTIONALS**

Wednesday 4:00 - 6:00 p.m.  
Saturday 12:00 - 2:00 p.m.  
4 hrs./wk.\*

**GOLD TEAM**

Tuesday 4:00 - 7:00 p.m.  
Friday 4:00 - 7:00 p.m.  
6 hrs./wk.\*

**AK 2/3 TEAM**

Thursday 4:00 - 6:00 p.m.  
Saturday 10:00 a.m. - 12:00 p.m.  
4 hrs./wk.\*

**BOYS:**

**DEVELOPMENTAL TEAM 5**

Thursday 7:00 - 9:00 p.m.  
Saturday 11:30 a.m. - 1:30 p.m.  
4 hrs./wk.\*

**DEVELOPMENTAL TEAM 4**

Thursday 5:30 - 7:00 p.m.  
Saturday 9:00 - 10:30 a.m.  
3 hrs./wk.\*

\* Students may add a tumbling class at additional cost.  
**ALL FEES ARE TO BE PAYABLE TO KIDS**