



**USA TEAMS
SUMMER 2017 SCHEDULES
MAY 30 - JULY 22
omegagym.org**

GIRLS:

LEVELS 4 & 5

Monday 3:30 - 6:30 p.m.
 Tuesday 3:30 - 6:30 p.m.
 Wednesday 10:00 a.m. - 1:00 p.m.
 Saturday 10:00 a.m. - 1:00 p.m.
12 hrs./wk. **

EXTRA BARS CLASS (Optional)

Wednesday 1:00 - 3:00 p.m.
14 hrs./wk. **

LEVEL 7

Monday 3:30 - 6:30 p.m.
 Tuesday 3:30 - 6:30 p.m.
 Thursday 8:00 a.m. - 12:00 p.m.
 Friday 1:00 - 4:00 p.m.
13 hrs./wk. **

EXTRA BARS CLASS (Optional)

Saturday 9:00 - 10:30 a.m.
14½ hrs./wk. **

LEVEL 8

Monday 6:00 - 10:00 p.m.
 Tuesday 6:00 - 10:00 p.m.
 Thursday 8:00 a.m. - 12:00 p.m.
 Friday 8:00 a.m. - 12:00 p.m.
16 hrs./wk. **

EXTRA BARS CLASS (Optional)

Saturday 9:00-10:30 a.m.
17½ hrs./wk. **

LEVELS 9 & 10

Monday 6:00 - 10:00 p.m.
 Tuesday 6:00 - 10:00 p.m.
 Thursday 12:00 - 4:00 p.m.
 Friday 8:00 a.m. - 12:00 p.m.
16 hrs./wk. **

EXTRA BARS CLASS (Optional)

Saturday 7:30 - 9:00 a.m.
17½ hrs./wk. **

BOYS:

LEVEL 5

Monday 6:00 - 9:00 p.m.
 Thursday 6:00 - 9:00 p.m.
 Saturday 2:30 - 5:30 p.m.
 Sunday 12:00 - 3:00 p.m.*
9 hrs./wk. **
12 hrs./wk. **

*** Optional 4th day (By Invite Only)**

LEVEL 6

Monday 6:00 - 9:00 p.m.
 Thursday 6:00 - 9:00 p.m.
 Saturday 2:30 - 5:30 p.m.
 Sunday 12:00 - 3:00 p.m.
12 hrs./wk. **

LEVEL 7/8

Monday 3:00 - 6:00 p.m.
 Thursday 10:30 a.m. - 1:30 p.m.
 Friday 1:00 - 4:00 p.m.
 Saturday 11:00 a.m. - 2:00 p.m.
 Sunday 3:30 - 6:30 p.m.
15 hrs./wk. **

LEVEL 9/10

Monday 12:00 - 3:00 p.m.
 Thursday 1:30 - 4:30 p.m.
 Friday 9:00 am. - 12:00 p.m.
 Saturday 11:00 a.m. - 2:00 p.m.
 Sunday 3:30 - 6:30 p.m.
15 hrs./wk. **

**** Students may add a tumbling class for an additional cost**