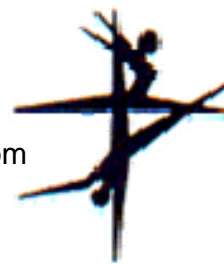


Nasser Gymnastics Academy

3055 Old Shell Road Mobile, AL 36607

251-479-9311

www.nassergymnastics.net Email: nassergym@yahoo.com



2009-2010 Schedule

Parent/Child Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Adult & Child 18 Months - 3 years		9:45-10:30		9:45-10:30	9:45-10:30	

Preschool Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Little Dippers 3 - 4 yrs.	10:30 1:15 3:30 5:30	10:30 3:30 5:30	1:15 3:30 5:30	10:30 3:30 5:30	10:30 1:15 3:30	9:00
Big Dippers 4 - 5 yrs.	10:30 1:15 3:30 5:30	10:30 1:15 3:30 5:30	1:15 3:30 5:30	10:30 1:15 3:30 5:30	10:30 1:15 3:30	9:00

Girls' Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Twinkle Stars 5 1/2 - 7 1/2 yrs. (Homeschoolers)	2:15	2:15	2:15	2:15	2:15	10:00
Twinkle Stars 5 1/2 - 7 1/2 yrs.	3:30	3:30 4:30 6:30	3:30 4:30	3:30 4:30 6:30	3:30	
Shining Stars 7 1/2 - 14 yrs.	2:15 3:30	2:15 3:30 4:30 6:30	2:15 3:30 4:30	2:15 3:30 4:30 6:30	2:15 3:30	10:00
Little Stars I (by invitation only) twice a week		4:30	-and-	4:30		
Little Stars II (by invitation only) twice a week		5:30	-and-	5:30		

Boys' Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Shooting Stars I Beginner Boys	4:30		3:30			
Shooting Stars II Advanced Boys					3:30	

Competitive Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Girls PreTeam - Level 2 <i>twice a week</i>	4:45-6:45	-and-	4:45-6:45			
Girls Competitive Team - Level 3 <i>three times a week</i>	4:45-6:45	-and-	4:45-6:45	-and-	4:30-7:30	
Girls Competitive Team - Prep Optionals <i>three times a week</i>		4:00-7:30	4:00-7:30		4:00-8:00	
Girls Competitive Team - Optionals <i>five times a week</i>	4:00-8:00	4:00-8:00		4:00-8:00	4:00-8:00	9:00-1:30
Tops Program <i>Strength & Conditioning</i>	TBD					

Cheerleading Program

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Youth Cheerleading 6 - 10 yrs.		5:30		5:30		
Tumbling				6:30		
Cheerleading 11 yrs. and up	6:30		6:30			

Special Events

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Gym Jams <i>(twice a month)</i>					6:00-9:30	
Birthday Parties						12:00-1:30 2:00-3:30 4:00-5:30