

Issaquah Gym School Year Coaches 2020 - 2021

Tiny Tot Program: 18 months - age 6 (Kindergarten)

PARENT & TOT		
(18 months – 3years)		
Mon.	9:30 - 10:15	Dawn

GRASSHOPPERS		
(3 year olds)		
Mon.	11:30 - 12:15	Dawn
Mon.	4:45 - 5:30	Morgan
Tues.	10:15 - 11:00	Morgan
Tues.	5:30 - 6:15	Tricia
Wed.	10:00 - 10:45	Polly
Thurs.	9:30 - 10:15	Emily R
Thurs.	5:00 - 5:45	Polly
Thurs.	6:00 - 6:45	Dawn
Sun.	12:45 - 1:30	Emily B

CRICKETS		
(Beginner 4-6 year olds)		
Mon.	10:30 - 11:15	Dawn
Mon.	2:30 - 3:15	Greg
Mon.	3:30 - 4:15	Jacob
Mon.	5:45 - 6:30	Morgan
Tues.	9:15 - 10:00	Morgan
Tues.	11:30 - 12:15	Morgan
Tues.	3:00 - 3:45	Jacob
Tues.	3:15 - 4:00	Greg
Tues.	4:30 - 5:15	Tricia
Wed.	11:00 - 11:45	Polly
Wed.	1:45 - 2:30	Jacob
Wed.	2:15 - 3:00	Emily R
Wed.	4:30 - 5:15	Tricia
Wed.	6:00 - 6:45	Emily R.
Thurs.	10:30 - 11:15	Emily R.
Thurs.	11:30 - 12:15	Emily R.
Thurs.	3:45 - 4:30	Dawn
Thurs.	4:00 - 4:45	Polly
Fri.	4:00 - 4:45	Polly
Fri.	6:15 - 7:00	Polly
Sat.	9:00 - 9:45	Stephanie
Sat.	10:15 - 11:00	Stephanie
Sat.	11:30 - 12:15	Stephanie
Sat.	12:45 - 1:30	Miranda
Sat.	1:30 - 2:15	Polly
Sun.	10:30 - 11:15	Emily B
Sun.	2:15 - 3:00	Polly

Bumblebees (now 45 min. classes)		
(Intermediate 4-6 years)		
Testing required		
Mon.	3:45 – 4:30	Morgan
Mon.	5:15 - 6:30	Emily R.
Tues.	12:30 - 1:15	Morgan
Wed.	9:00 - 9:45	Polly
Wed.	3:15 - 4:00	Tricia
Thurs.	5:00 - 5:45	Tricia
Thurs.	6:00 - 6:45	Polly
Fri.	4:00 - 4:45	Jacob
Sat.	12:30 - 1:15	Polly
Sun.	11:45 - 12:30	Polly

HUMMINGBIRDS		
(Advanced 4-6 year olds;		
Testing required		
Tues.	6:30 - 7:30	Tricia

Virtual Classes		
Parent-Tot/Grasshopper/Cricket		
Mon.	11:30 - 12:00	Dawn
Fri.	10:30 - 11:00	Polly
Mini Bouncer/Bouncer/Mini Flip/Flip		
Bumblebee/Hummingbird		
Fri.	3:45 - 4:15	Ben

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Girls Program

MINI BOUNDERS (Level 1: Grades 1 & 2)		
Mon.	5:30 - 6:30	Tricia
Mon.	6:45 - 7:45	Morgan
Wed.	2:00 - 3:00	Tricia
Wed.	3:00 - 4:00	Polly
Wed.	4:15 - 5:15	Polly
Thurs	4:45 - 5:45	Dawn
Fri.	5:00 - 6:00	Polly
Sat.	12:30 - 1:30	Stephanie

MINI BOUNDERS/BOUNDERS (Level 1: Grades 1 - 5)		
Mon.	4:00 - 5:00	Emily R
Mon.	4:00-5:00**	Greg
Mon.	4:45 - 5:45	Jacob
Tues.	9:00 - 10:00	Morgan
Tues.	4:00 - 5:00	Jacob
Tues.	6:15-7:15	Emily R
Wed.	4:45 - 5:45	Emily R
Wed.	5:30 - 6:30	Polly
Wed.	7:00 - 8:00	Polly
Thurs.	3:45 - 4:45	Tricia
Thurs.	4:15 - 5:15	Donna
Thurs.	5:45 - 6:45	Jacob
Thurs.	6:00 - 7:00	Tricia
Fri.	4:15 - 5:15	Emily R
Sat.	9:00 - 10:00	Polly
Sat.	10:00 - 11:00	Polly
Sat.	1:30 - 2:30	Miranda
Sun.	10:30 - 11:30	Polly
Sun.	2:00 - 3:00	Emily B.

MINI FLIPS (now 1 hour class) Skill Evaluation Required (Level 2: Grades 1 & 2)		
Mon.	6:15 - 7:15	Emily R
Wed.	5:30 - 6:30	Tricia

FLIPS (now 1 hour class) Skill Evaluation Required (Level 2: Grades 3,4,& 5)		
Tues.	4:15 - 5:15	Greg
Wed.	7:00 - 8:00	Emily R

MINI FLIPS/FLIPS (now 1 hour class) Skill Evaluation Required (Level 2: Grades 1 - 5)		
Mon.	4:00-5:00**	Donna
Mon.	6:45 - 7:45	Tricia
Tues.	5:30 - 6:30	Donna
Tues.	7:00 - 8:00	Greg
Wed.	3:30 - 4:30	Emily R
Wed.	4:30 - 5:30	Jacob
Thurs	4:30 - 5:30	Jacob
Sat.	10:30 - 11:30	Sam
Sat.	12:00 - 1:00	Sam
Sun.	1:00 - 2:00	Polly

AERIALS (now 1 hour class) (Level 3: Grades 1 st - 5 th)		
Mon.	4:15 - 5:15	Tricia
Mon.	7:30 - 8:30	Emily R.
Tues.	4:15 - 5:15	Donna
Tues.	5:45 - 6:45	Greg
Wed.	7:00 - 8:00	Jacob
Thurs.	5:30 - 6:30	Donna
Sat.	9:15 - 10:15	Sam
Sun.	11:30 - 12:30	Emily B.

SPRINGERS (now 1.25 hour class) Skill Evaluation Required (Level 4: 1 st - 5 th)		
Mon	7:15 - 8:30	Jacob
Tues.	6:45 - 8:00	Donna

MIDDLE SCHOOL Beginner - Advanced This class is held at the Issaquah Team Gym		
Tues.	7:15 - 8:45**	Shana/Emily R.
Thurs	7:15 - 8:45**	Donna

HIGH SCHOOL DROP-IN Must have punch card Offered at the Bellevue Gym		
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ACRO/DANCE & CONDITIONING 1st Grade - 5th Grade This class is held at the Issaquah Class Gym		
Thurs.	7:45 - 8:45	Shana

ACRO/DANCE & CONDITIONING Middle & High School This class is held at the Issaquah Team Gym		
Sat	9:00 - 10:00**	Shana

FLYING NINJA PROG LEVEL 1 Skill Evaluation Required (For Beginners-Co-ed Grades 1-5)		
Sat	10:15 - 11:00**	Jacob
Sat	12:15 - 1:00**	Jacob

FLYING NINJA PROG LEVEL 2 Skill Evaluation Required (Co-ed Grades 3rd - 5th)		
Tues	7:30 - 8:30**	Jacob
Fri	6:45 - 7:45**	Jacob

HOMESCHOOL Co-ed Grades 1 - 5		
Mon.	12:30 - 1:30	Dawn

Virtual Classes		
Mini Bouncer/Bouncer/Mini Flip/Flip		
Bumblebee/Hummingbird		
Fri.	3:45 - 4:15	Ben
Aerial/Springer/Middle School		
Fri.	5:45 - 6:15	Emily R.
Flying Ninja Levels 1 & 2		
Thurs	3:30 - 4:00	Jacob

** = Class is held at our Issaquah Team Gym

Rev. 09-18-2020

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BOYS & FLYING NINJA PROGRAM

MINI EAGLES/EAGLES

(Level 1: Grades 1 - 5)

Tues.	5:15 - 6:15	Jacob
Wed.	2:45 - 3:45	Jacob
Wed.	5:45 - 6:45	Jacob
Fri.	5:00 - 6:00	Jacob

FLYING NINJA PROGRAM LEVEL 1

(For Boys Grades 1 - 5)

Thurs.	7:30 - 8:15**	Jacob
Thurs.	7:30 - 8:15**	Polly
Sat.	9:15 - 10:00**	Jacob
Sat.	11:15 - 12:00**	Jacob/Polly

FALCONS/HAWKS (now 1 hour class)

(Level 2: Grades 1 - 5)

Skill Evaluation Required

Mon	6:00 - 7:00	Jacob
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FLYING NINJA PROGRAM LEVEL 2

(Co-ed Grades 1 - 5)

Skill Evaluation Required

Tues.	7:30 - 8:30**	Jacob
Fri	6:45 - 7:45**	Jacob

HOMESCHOOL

Co-ed Grades 1 - 5

Mon.	12:30 - 1:30	Dawn
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FLYING NINJA PROGRAM LEVEL 1

Skill Evaluation Required

(For Beginners - Co-ed Grades 1 - 5)

Sat	10:15 - 11:00**	Jacob
Sat.	12:15 - 1:15**	Jacob

Virtual Classes

Mini Eagle/Eagle & Falcon

Fri.	6:30 - 7:00	Greg
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Flying Ninja Levels 1 & 2

Thurs.	3:30 - 4:00	Jacob
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Rev. 9-16-2020

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