

# Issaquah Gym School Year Coaches 2020 - 2021

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

<b>PARENT &amp; TOT</b>		
<b>(18 months – 3years)</b>		
Mon.	9:45 - 10:30	Dawn

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

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

<b>Bumblebees (now 45 min. classes)</b>		
<b>(Intermediate 4-6 years)</b>		
<b>Testing required</b>		
Mon.	3:45 – 4:30	Morgan
Mon.	5:15 - 6:30	Emily R.
Tues.	12:30 - 1:15	Morgan
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

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

<b>Virtual Classes</b>		
<b>Grasshopper/Cricket</b>		
Fri.	3:00 - 3:30	Ben
<b>Mini Bouncer/Bouncer/Mini Flip/Flip</b>		
<b>Bumblebee/Hummingbird</b>		
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.	3:00 - 4:00	Polly
Wed.	4:15 - 5:15	Polly
Thurs	4:45 - 5:45	Dawn
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.	6:15 - 7:15	Emily R
Wed.	2:00 - 3:00	Tricia
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
Fri.	5:00 - 6:00	Tricia
Sat.	9:00 - 10:00	Polly
Sat.	10:00 - 11:00	Polly
Sun.	10:30 - 11:30	Polly
Sun.	11:30-12:30	Emily B.
Sun.	2:00-3:00	Stephanie

### 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
Sat.	10:30 - 11:30	Sam

### 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
Thurs	7:00 - 8:00	Tricia
Sat.	12:00 - 1:00	Sam
Sun.	1:00 - 2:00	Polly

### AERIALS (now 1 hour class)

(Level 3: Grades 1<sup>st</sup> - 5<sup>th</sup>)

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

### SPRINGERS

(now 1.25 hour class)

Skill Evaluation Required

(Level 4: 1<sup>st</sup> - 5<sup>th</sup>)

Mon	TBD	
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### 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

### ACRO/DANCE & CONDITIONING

1st Grade - 5th Grade

This class is held at the  
Issaquah Class Gym

Thurs	7:45 - 8:45	Shana
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### ACRO/DANCE & CONDITIONING

Middle & High School

This class is held at the  
Issaquah Team Gym

Sat	9:00 - 10:00**	Shana
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### 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 PROGLEVEL 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.	12:00 - 1:00	Dawn/Emily R.
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### Virtual Classes

Mini Bouncer/Bouncer/Mini Flip/Flip

Bumblebee/Hummingbird

Fri.	3:45 - 4:15	Ben
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Aerial/Springer/Middle School

Fri.	5:45 - 6:15	Emily R.
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Flying Ninja Levels 1 & 2

Thurs	3:30 - 4:00	Jacob
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\*\* = Class is held at our Issaquah Team Gym

Rev. 1-9-2021

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## BOYS & FLYING NINJA PROGRAM

### **MINI EAGLES/EAGLES**

**(Level 1: Grades 1 - 5)**

Mon.	7:15 - 8:15	Jacob
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.	12:00 - 1:00	Dawn/Emily R
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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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