

Issaquah Gym School Year Coaches 2021 - 2022

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

PARENT & TOT		
(18 months – 3years)		
Mon.	9:45 - 10:30	Dawn

GRASSHOPPERS		
(3 year olds)		
Mon.	5:00-5:45	Crystal
Tues.	10:15 - 11:00	Emily R.
Tues.	4:00-4:45	Tricia
Thurs.	4:30-5:15	Dawn
Thurs.	5:00-5:45	Polly
Sat.	9:00-9:45	Stephanie
Sat.	11:45-12:30	Lilli
Sun.	1:00-1:45	Crystal

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

Bumblebees (now 45 min. classes)		
(Intermediate 4-6 years)		
Testing required		
Mon.	3:45 – 4:45	Crystal
Mon.	5:15 - 6:15	Emily R.
Tue.	12:15-1:15	Emily R.
Wed.	11:00 - 12:00	Polly
Wed.	3:15 - 4:15	Tricia
Thurs.	5:00 - 6:00	Tricia
Thurs.	6:00 - 7:00	Polly
Fri.	4:00 - 5:00	Jacob
Sat.	10:30-11:30	Crystal
Sat.	1:15-2:15	Crystal
Sun.	11:45 - 12:45	Polly

HUMMINGBIRDS		
(Advanced 4-6 year olds;		
Testing required		
Tues.	6:00 - 7:00	Tricia

Issaquah Gym School Year Coaches 2021 - 2022

Girls Program

MINI BOUNDERS

(Level 1: Grades 1 & 2)

Mon.	5:45 - 6:45	Tricia
Wed.	2:00-3:00	Tricia
Wed.	3:00-4:00	Polly
Thurs.	6:30-7:30	Dawn
Fri.	5:00-6:00	Tricia

MINI BOUNDERS/BOUNDERS

(Level 1: Grades 1 - 5)

Mon.	4:00 - 5:00	Emily R
Tues.	4:00 - 5:00	Jacob
Tues.	6:15-7:15	Emily R
Wed.	4:15-5:15	Polly
Wed.	5:00-6:00	Crystal
Wed.	5:30 - 6:30	Polly
Thurs.	3:45-4:45	Tricia
Thurs.	4:15 - 5:15	Donna
Fri.	4:15 - 5:15	Emily R
Sat.	9:00-10:00	Lilli
Sat.	10:15-11:15	Lilli
Sat.	12:15-1:15	Stephanie
Sat.	12:15-1:15	Sam C.
Sun.	10:30-11:30	Polly
Sun.	2:15-3:15	Crystal

BOUNDERS

(Level 1: Grades 3 - 5)

Mon.	4:30 - 5:30	Jacob
Wed.	7:00-8:00	Polly
Thurs.	6:15-7:15	Tricia

MINI FLIPS (now 1 hour class)

Skill Evaluation Required

(Level 2: Grades 1 & 2)

Tues.	4:15-5:15	Greg
Wed.	5:30-6:30	Tricia
Sat.	12:00-1:00	Crystal

FLIPS (now 1 hour class)

Skill Evaluation Required

(Level 2: Grades 3,4,& 5)

Tues.	5:15-6:15	Jacob
Wed.	7:15-8:15	Crystal
Thurs.	5:45-6:45	Jacob
Sat.	10:45-11:45	Sam C

MINI FLIPS/FLIPS

(now 1 hour class)

Skill Evaluation Required

(Level 2: Grades 1 - 5)

Mon.	6:15-7:15	Emily R
Mon.	7:00 - 8:00	Tricia
Wed.	3:30-4:30	Crystal
Wed.	4:30-5:30	Jacob
Thurs.	4:00-5:00	Jacob
Thurs.	7:15-8:15	Tricia
Fri.	5:30-6:30	Emily R
Sun.	12:00-1:00	Crystal
Sun.	1:15-2:15	Polly

AERIALS (now 1 hour class)

(Level 3: Grades 1st - 5th)

Mon.	4:15 - 5:30	Tricia
Mon.	7:15 - 8:30	Emily R.
Tues.	5:45 - 7:00	Greg
Wed.	7:00 - 8:15	Jacob
Thurs.	5:30 - 6:45	Donna
Thurs.	7:00-8:15	Donna
Sat.	9:15 - 10:30	Sam C.
Sun.	11:130-12:45	Crystal

SPRINGERS

(now 1.25 hour class)

Skill Evaluation Required

(Level 4: 1st - 5th)

Tues.	4:15-5:30	Donna
-------	-----------	-------

MIDDLE SCHOOL

Beginner - Advanced

This class is held at the

Issaquah Team Gym

Mon.	7:15 - 8:45**	Shana/Crystal
Thurs.	7:15 - 8:45**	Shana

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
--------	-------------	-------

ACRO/DANCE & CONDITIONING

Middle & High School

This class is held at the

Issaquah Team Gym

Tue.	7:30-8:30	Shana/Emily
Sat	9:00 - 10:00**	Shana

HOMESCHOOL

Co-ed Grades 1 - 5

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

** = Class is held at our Issaquah Team Gym

Rev. 6-11-2021

Issaquah Gym School Year Coaches 2021 - 2022

BOYS & FLYING NINJA PROGRAM

MINI EAGLES/EAGLES

(Level 1: Grades 1 - 5)

Mon	6:00-7:00	Jacob
Wed.	2:45 - 3:45	Jacob
Wed.	5:45 - 6:45	Jacob
Fri.	5:00 - 6:00	Jacob

FALCONS/HAWKS (now 1 hour class)

(Level 2: Grades 1 - 5)

Skill Evaluation Required

Mon	7:15-8:30	Jacob
-----	-----------	-------

HOMESCHOOL

Co-ed Grades 1 - 5

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

Rev. 6-11-2021

** = Class is held at our Issaquah Team Gym

BELLEVUE GYM LOCATION

FLYING NINJA PROGRAM LEVEL 1

Skill Evaluation Required

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

Mon	7:15-8:00	Polly
Tues	7:15-8:00	Polly

ISSAQUAH GYM LOCATION

FLYING NINJA PROGRAM LEVEL 1

(For Boys Grades 1 - 5)

Thurs.	7:30 - 8:15	Jacob
Thurs.	7:30 - 8:15	Polly
Sat.	9:00-9:45	Polly
Sat.	10:00-10:45	Jacob
Sat.	10:00-10:45	Polly
Sat.	11:15-12:00	Jacob

FLYING NINJA PROGRAM LEVEL 2

(Co-ed Grades 1 - 5)

Skill Evaluation Required

Tues.	7:15 - 8:15	Jacob
Fri	6:45 - 7:45	Jacob
Sat	12:15-1:15	Jacob

FLYING NINJA PROGRAM LEVEL 1

Skill Evaluation Required

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

Sat	9:00-9:45	Jacob
Sat	12:15-1:00	Polly

FLYING NINJA PROGRAM LEVEL 1

Skill Evaluation Required

(For Beginners - Girls Grades 1 - 5)

Sat	11:15-12:00	Polly
-----	-------------	-------