

2023-2024 Issaquah School Year Flyer—Coaches

Tiny Tot Program

Parent Tot (18 months-3 yrs)		
Mon	10:00-10:45am	Dawn
Fri	9:30-10:15am	Dawn

Grasshopper (3 year olds)		
Mon {combo}	10:00-10:45am	Emily
Mon	2:45-3:30pm	Krystal
Mon	5:45-6:30pm	Annika
Tues	10:45-11:30am	Krystal
Tues	4:00-4:45pm	Emily
Tues	5:30-6:15pm	Annika
Wed	3:45-4:30pm	Dawn
Thurs	9:30-10:15am	Krystal
Thurs	5:15-6:00pm	Dawn
Sat	10:30-11:15am	Shana
Sun	11:00-11:45am	Malia

Bumblebee (4 yrs-Kindergarten Intermediate)		
Mon	3:00-4:00pm	Donna
Mon	5:00-6:00pm	Emily
Tues	3:00-4:00pm	Cynthia
Wed	2:00-3:00pm	Krystal
Wed	4:00-5:00pm	Cynthia
Thurs	11:00-12:00a/p	Krystal
Thurs	6:00-7:00pm	Dawn
Fri	3:15-4:15pm	Emily
Sat	1:00-2:00pm	Maia

Hummingbird (4yrs-Kindergarten Advanced)		
Wed	5:00-6:00pm	Dawn

Cricket (4 yrs-Kindergarten Beginner)		
Mon {combo}	10:00-10:45am	Emily
Mon	11:00-11:45am	Dawn
Mon	3:00-3:45pm	Emily
Mon	3:30-4:15pm	Krystal
Mon	4:00-4:45pm	Adella
Mon	5:00-5:45pm	Annika
Mon	5:45-6:30pm	Adella
Tues	9:45-10:30am	Krystal
Tues	3:00-3:45pm	Emily
Tues	3:45-4:30pm	Annika
Tues	4:00-4:45pm	Adella
Tues	4:45-5:30pm	Emily
Tues	5:30-6:15pm	Cynthia
Wed	1:00-1:45pm	Krystal
Wed	1:45-2:30pm	Dawn
Wed	3:15-4:30pm	Krystal
Wed	5:00-5:45pm	Cynthia
Thurs	10:15-11:00am	Krystal
Thurs	3:00-3:45pm	Cynthia
Thurs	3:15-4:00pm	Dawn
Thurs	4:00-4:45pm	Annika
Thurs	4:15-5:00pm	Dawn
Thurs	5:45-6:30pm	Annika
Fri	10:30-11:15am	Dawn
Fri	11:30-12:15a/p	Dawn
Fri	3:15-4:00pm	Krystal
Fri	4:00-4:45pm	Krystal
Sat	9:45-10:30am	Peyton
Sat	10:15-11:00am	Jorie
Sat	11:15-12:00a/p	Jorie
Sat	11:45-12:30pm	Peyton
Sat	12:45-1:30pm	Shana
Sat	1:30-2:15pm	Shana
Sun	1:15-2:00pm	Malia

Schedule is subject to change as we add classes

2023-2024 Issaquah School Year Flyer—Coaches Girls Program

Bold/Italic is held at the team gym*

Mini Bounder/Bounder (1st-5th Beginner)		
Mon	4:00-5:00pm	Emily
Mon	4:00-5:00pm	Annika
Mon	4:15-5:15pm	Audrey
Mon	4:30-5:30pm	Krystal
Mon	4:45-5:45pm	Adella
Tues	4:15-5:15pm	Cynthia
Tues	4:30-5:30pm	Annika
Tues	5:45-6:45pm	Adella
Tues	7:00-8:00pm	Emily
Wed	2:00-3:00pm	Emily
Wed	3:00-4:00pm	Shana
Wed	5:45-6:45pm	Cynthia
Thurs	4:00-5:00pm	Cynthia
Thurs	4:45-5:45pm	Annika
Thurs	5:45-6:45pm	Donna
Thurs	6:15-7:15pm	Cynthia
Fri	5:00-6:00pm	Krystal
Sat	9:15-10:15am	Maia
Sat	9:15-10:15am	Jorie
Sat	10:00-11:00am	Ella
Sat	10:00-11:00am	Krystal
Sat	10:30-11:30am	Peyton
Sat	10:45-11:45am	Sophie
Sat	12:00-1:00pm	Sophie
Sat	12:15-1:15pm	Jorie
Sat	12:15-1:15pm	Ella
Sat	12:30-1:30pm	Peyton
Sat	1:00-2:00pm	Sophie
Sat	1:15-2:15pm	Jorie
Sun	10:00-11:00am	Malia
Sun	11:45-12:45a/p	Malia

Mini Bounders (1st-2nd Beginner)		
Sat	11:30-12:30a/p	Shana

Bounders (3rd-5th Beginner)		
Wed	4:15-5:15pm	Donna

Mini Flip/Flips (1st-5th Intermediate)		
Mon	4:15-5:15pm	Donna
Mon	6:15-7:15pm	Emily
Tues	5:45-6:45pm	Emily
Tues	6:15-7:15pm	Cynthia
Tues	7:15-8:15pm	Cynthia
Wed	2:00-3:00pm	Shana
Wed	3:00-4:00pm	Emily
Wed	3:15-4:15pm	Donna
Wed	6:45-7:45pm	Cynthia
Thurs	4:00-5:00pm	Adella
Thurs	5:00-6:00pm	Cynthia
Thurs	7:00-8:00pm	Donna
Fri	4:30-5:30pm	Emily
Sat	9:30-10:30am	Shana
Sat	9:45-10:45am	Sophie
Sat	11:00-12:00a/p	Ella
Sat	11:00-12:00a/p	Krystal
Sat	12:00-1:00pm	Maia
Sun	2:15-3:15pm	Malia

Mini Flips (1st-2nd Intermediate)		
Tues	4:45-5:45pm	Adella

Flips (3rd-5th Intermediate)		
Thurs	7:15-8:15pm	Cynthia

Aerials (1st-5th Intermediate/Advanced)		
Mon	7:15-8:30pm	Emily
Tues	4:30-5:45pm	Donna
Wed	1:45-3:00pm	Donna
Thurs	4:15-5:30pm	Donna
Thurs	7:15-8:30pm	Maia
Fri	6:00-7:15pm	Krystal
Sat	10:30-11:45am	Maia

Schedule is subject to change as we add classes

Issaquah & Bellevue 2023-2024 School Year Special Programs Coaches Flyer

For more information on registering, tuition, and other programs, please visit www.gymeast.com

Bold/Italic* is held at the team gym

Boys Program Issaquah Class Gym

Mini Eagles/Eagles (Beginner Boys)		
Tues	7:15-8:15pm	Maia
Fri	4:30-5:30pm	Greg
Sat	1:15-2:15pm	Ella

Falcons (Intermediate Boys)		
Fri	6:00-7:00pm	Greg

Issaquah Middle School Girls Issaquah Team Gym

Middle School		
<i>Tues</i>	<i>7:15-8:45pm</i>	<i>Shana</i>
<i>Thurs</i>	<i>7:15-8:45pm</i>	<i>Shana</i>

Home School Program Issaquah Gym

Homeschool (CO-ED)		
Mon	11:45-1:00a/p	Dawn

Dance/Acro Class Issaquah Gym

Dance/Acro Class		
Sat	9:00-10:00am	Krystal

Issaquah Seasonal TT Classes (Sept/Oct)

Mon Cricket	4:30-5:15pm	Jorie
Mon Cricket	6:15-7:00pm	Jorie
Wed Cricket	5:15-6:00pm	Malia
Thurs Cricket	4:00-4:45pm	Malia

Issaquah Seasonal Girls Classes (Sept/Oct)

Mon MB-B	5:15-6:15pm	Jorie
Mon MB-B	7:00-8:00pm	Jorie
Wed MB-B	4:00-5:00pm	Malia
Wed MB-B	6:00-7:00pm	Malia
Thurs MB-B	4:45-5:45pm	Malia
Thurs MB-B	5:45-6:45pm	Malia

Boys Program Bellevue Gym

Mini Eagles/Eagles (Beginner Boys)		
Mon	5:30-6:30pm	Greg
Tues	5:45-6:45pm	Taylor
Wed	3:00-4:00pm	John
Sat	1:00-2:00pm	Taylor

Falcons (Intermediate Boys)		
Thurs	5:45-6:45pm	Taylor

Bellevue Middle School Girls Program

Middle School		
Mon	4:00-5:30pm	Greg
Thurs	7:15-8:45pm	Emily

Bellevue High School Girls Program

High School		
Mon	7:00-9:15pm	Greg

Tramp and Tumbling Program Bellevue Gym

Tramp and Tumbling Class		
Tues	4:15-5:15pm	Anson
Thurs	4:15-5:15pm	Anson

Bellevue Seasonal Girls Classes {Sept-Dec}

Mon MB/B	4:30-5:30pm	Rosa
Mon MF/F	5:30-6:30pm	Rosa
Mon MB/B	6:30-7:30pm	Rosa

Schedule is subject to change as we add classes