

Bellevue Flyer—Coaches 2025-2026 School Year

Tiny Tot Program

Parent Tot (18 months-3 yrs)		
Thurs	9:30-10:15am	Anne

Grasshopper (3 year olds)		
Mon	9:30-10:15am	Anne
Mon	3:15-4:00pm	Dawn
Tues	10:15-11:00am	Anne
Tues	3:15-4:00pm	Dawn
Tues	5:15-6:00pm	Dawn
Wed	3:45-4:30pm	Rachel
Thurs	2:45-3:30pm	Rachel
Thurs	4:30-5:15pm	Rachel
Sat	10:00-10:45am	Shana

Bumblebee (4 yrs-Kindergarten Intermediate)		
Mon	11:15-12:15p	Anne
Mon	3:30-4:30pm	Krystal
Mon	3:30-4:30pm	Kyle
Tues	3:15-4:15pm	Krystal
Tues	4:30-5:30pm	Kyle
Tues	6:00-7:00pm	Dawn
Wed	5:00-6:00pm	Rachel
Thurs	5:00-6:00pm	Cameron
Thurs	5:30-6:30pm	Rachel
Sat	12:15-1:15pm	Shana

Hummingbirds (4 yrs-Kindergarten Adv.)		
Mon	5:15-6:15pm	Dawn

Cricket (4 yrs-Kindergarten Beginner)		
Mon	10:30-11:15am	Anne
Mon	2:30-3:15pm	Dawn
Mon	4:15-5:00pm	Dawn
Tues	9:30-10:15am	Anne
Tues	11:15-12:00a/p	Anne
Tues	2:30-3:15pm	Dawn
Tues	3:30-4:15pm	Kyle
Tues	4:00-4:45pm	Dawn
Tues	5:30-6:15pm	Kate D
Wed	10:00-10:45am	Kyle
Wed	10:45-11:30am	Kyle
Wed	2:00-2:45pm	Rachel
Wed	2:45-3:30pm	Rachel
Wed	4:15-5:00pm	Lenore
Wed	5:30-6:15pm	Kyle
Wed	6:15-7:00pm	Rachel
Thurs	11:15-12:00pm	Anne
Thurs	2:15-3:00pm	Krystal
Thurs	3:15-4:00pm	Krystal
Thurs	3:30-4:15pm	Rachel
Fri	3:15-4:00pm	Rachel
Fri	4:00-4:45pm	Rachel
Fri	5:00-5:45pm	Adella
Sat	9:00-9:45am	Deeksha
Sat	9:15-10:00am	Sara
Sat	9:45-10:30am	Charlotte
Sat	10:00-10:45am	Sara
Sat	10:15-11:00am	Maria
Sat	11:00-11:45am	Shana
Sat	11:45-12:30pm	Kyle
Sat	12:30-1:15pm	Sara
Sat	12:45-1:30pm	Maria
Sat	1:00-1:45pm	Charlotte
Sat	2:45-3:30pm	Kyle

Bellevue Flyer—Coaches

2025-2026 School Year Girls Program

Mini Bouncer/Bouncer (1st-5th Beginner)		
Mon	5:00-6:00pm	Anne
Mon	5:15-6:15PM	Manjiri
Mon	5:45-6:45pm	Cecelia
Mon	7:00-8:00pm	Kyle
Tues	4:00-5:00pm	Norton
Tues	4:30-5:30pm	Kate B
Tues	5:15-6:15pm	Anne
Tues	6:30-7:30pm	Kate B
Wed	2:00-3:00pm	Kyle
Wed	2:15-3:15pm	Lenore
Wed	2:45-3:45pm	Anne
Wed	4:00-5:00pm	Kyle
Wed	5:15-6:15pm	Manjiri
Wed	6:15-7:15pm	Kyle
Thurs	4:00-5:00pm	Cameron
Thurs	4:15-5:15pm	Emily R
Thurs	4:15-5:15pm	Krystal
Thurs	6:00-7:00pm	Christie
Fri	4:45-5:45pm	Rachel
Fri	6:30-7:30pm	Kate D
Sat	9:15-10:15am	Maria
Sat	10:30-11:30am	Charlotte
Sat	10:45-11:45am	Sara
Sat	11:15-12:15pm	Deeksha
Sat	12:15-1:15pm	Deeksha
Sat	12:45-1:45pm	Kyle
Sat	1:30-2:30pm	Shana
Sat	1:45-2:45pm	Kyle

Mini Bouncer (1st-2nd Beginner)		
Thur	5:15-6:15pm	Anne

Bouncer (3rd-5th Beginner)		
Mon	4:15-5:15pm	Norton

Springers (1st-5th Grade Advanced)		
Wed	4:30-6:00pm	Anne
Thurs (Combo)	3:45-5:00pm	Norton

Mini Flip (1st-2nd Intermediate)		
Mon	4:30-5:30pm	Krystal

Flip (3rd-5th Intermediate)		
Thurs	5:15-6:15pm	Krystal

Mini Flip/Flips (1st-5th Intermediate)		
Mon	4:00-5:00pm	Anne
Mon	6:00-7:00pm	Kyle
Tues	5:15-6:15pm	Krystal
Tues	5:00-6:00pm	Norton
Tues	5:30-6:30pm	Kate B
Wed	1:45-2:45pm	Anne
Wed	3:00-4:00pm	Kyle
Wed	3:15-4:15pm	Lenore
Thurs	4:00-5:00pm	Anne
Thurs	4:45-5:45pm	Christie
Thurs	5:00-6:00pm	Norton
Thurs	5:15-6:15pm	Krystal
Fri	4:00-5:00pm	Adella
Sat	9:00-10:00am	Kyle
Sat	9:45-10:45am	Deeksha
Sat	12:00-1:00pm	Charlotte
Sat	1:30-2:30pm	Sara
Sat	1:45-2:45pm	Aimee

Aerials (1st-5th Inter/Adv)		
Mon	5:15-6:30pm	Norton
Tues	4:00-5:15pm	Anne
Tues	5:15-6:30pm	Krystal
Wed	3:00-4:15	
Wed	5:45-7:00pm	Cecelia
Thurs (Combo)	3:45-5:00pm	Norton
Thurs	5:45-7:00pm	Emily
Fri	4:30-5:45pm	Donna
Sat	11:30-12:45p	Maria

Issaquah & Bellevue 2025-2026 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)		
Mon	7:00-8:00pm	Aidan
Thur	6:30-7:30pm	Aidan
Sat	9:00-10:00am	Greg
Sat	1:00-2:00pm	John

Falcons (Intermediate Boys)		
Sun	12:45-1:45pm	John

Hawks (Advanced Boys)		
Sat	9:00-10:15am	John

Boys Program Bellevue Gym

Mini Eagles/Eagles (Beginner Boys)		
Mon	4:30-5:30pm	Kyle
Tues	6:00-7:00pm	Kyle
Sat	10:15-11:15am	Kyle
Sat	1:45-2:45pm	Maria

Falcon/Hawks (Inter/Adv Boys)		
Tues	4:15-5:30pm	Taylor

Hawks (Advanced Boys)		
Thurs	6:45-8:00pm	Taylor

Issaquah Middle School Girls Issaquah Team Gym

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

Bellevue Middle School Girls Program

Middle School		
Tues	7:00-8:30pm	Kyle
Wed	7:30-9:00pm	Cecelia & Kyle
Thurs	7:15-8:45pm	Christie

Bellevue High School Girls Program

High School		
Mon	7:00-9:00pm	Cecelia