

2025-2026 Issaquah School Year Flyer—Coaches

Tiny Tot Program

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

Grasshopper (3 year olds)		
Mon	10:15-11:00am	Rachel
Mon	11:30-12:15pm	Dawn
Mon	3:45-4:30pm	Rachel
Mon	5:45-6:30pm	Adella
Tues	5:15-6:00pm	Rachel
Wed	9:45-10:30am	Dawn
Wed	3:45-4:30pm	Dawn
Wed	5:45-6:30pm	Adella
Thurs	5:15-6:00pm	Dawn
Sat	9:15-10:00am	Tilly
Sun	10:30-11:15am	Oceane

Cricket (4 yrs-Kindergarten Beginner)		
Mon	10:30-11:15am	Dawn
Mon	3:00-3:45pm	Rachel
Mon	4:00-4:45pm	Adella
Mon	4:30-5:15pm	Rachel
Mon	4:45-5:30pm	Adella
Mon	5:00-5:45pm	Emily S
Mon	6:00-6:45pm	Aidan
Tues	2:45-3:30pm	Emily R
Tues	3:45-4:30pm	Emily R
Tues	4:00-4:45pm	Adella
Tues	4:30-5:15pm	Rachel
Tues	5:45-6:30pm	Adella
Tues	6:00-6:45pm	Mal
Tues	6:15-7:15pm	Emily R
Wed	10:45-11:30am	Dawn
Wed	1:00-1:45pm	Krystal
Wed	1:45-2:30pm	Dawn
Wed	3:15-4:00pm	Shana

Cricket (4 yrs-Kindergarten Beginner)		
Wed	3:30-4:15pm	Adella
Thurs	3:15-4:00pm	Dawn
Thurs	3:30-4:15pm	Adella
Thurs	4:15-5:00pm	Dawn
Thurs	4:30-5:15pm	Aidan
Thurs	5:45-6:30pm	Adella
Fri	10:30-11:15am	Dawn
Fri	3:30-4:15pm	Emily R
Fri	4:15-5:00pm	Krystal
Sat	9:45-10:30am	Peyton
Sat	10:00-10:45am	Tilly
Sat	10:15-11:00am	Sophie
Sat	10:45-11:30am	Zoe
Sat	11:30-12:15pm	Zoe
Sat	11:45-12:30pm	Peyton
Sat	1:15-2:00pm	Sophie
Sun	9:45-10:30am	Oceane
Sun	10:15-11:00am	Kyle
Sun	11:00-11:45am	Kyle
Sun	2:30-3:15pm	Kyle

Bumblebee (4 yrs-Kindergarten Intermediate)		
Mon	11:15-12:15pm	Rachel
Mon	5:30-6:30pm	Rachel
Tue	4:45-5:45pm	Mal
Wed	11:30-12:30pm	Dawn
Wed	2:45-3:45pm	Dawn
Wed	4:30-5:30pm	Adella
Thurs	6:00-7:00pm	Dawn
Fri	3:15-4:15pm	Krystal
Sat	11:00-12:00pm	Maanasa
Sun	12:45-1:45pm	Oceane

Hummingbird (4yrs-Kindergarten Advanced)		
Wed	5:15-6:15pm	Dawn

2025-2026 Issaquah School Year Flyer—Coaches Girls Program

Bold/Italic* is held at the team gym

Mini Bounder/Bounder (1st-5th Beginner)		
Mon	5:00-6:00pm	Aidan
Mon	5:45-6:45pm	Mal
Mon	6:45-7:45pm	Emily S
Mon	7:00-8:00pm	Rachel
Tues	4:45-5:45pm	Adella
Tues	7:15-8:15pm	Rachel
Wed	2:00-3:00pm	Emily R
Wed	2:15-3:15pm	Krystal
Wed	2:30-3:30pm	Adella
Wed	3:00-4:00pm	Krystal
Wed	3:15-4:15pm	Donna
Wed	5:45-6:45pm	Emily R
Thurs	5:30-6:30pm	Aidan
Thurs	5:45-6:45pm	Donna
<i>Thurs</i>	<i>7:15-8:15pm</i>	<i>Shana</i>
Sat	9:30-10:30am	Zoe
Sat	9:45-10:45am	Maanasa
Sat	10:30-11:30am	Peyton
Sat	10:45-11:45am	Tilly
Sat	11:00-12:00pm	Sophie
Sat	11:45-12:45pm	Morgan S
Sat	12:00-1:00pm	Maanasa
Sat	12:15-1:15pm	Tilly
Sat	12:45-1:45pm	Zoe
Sat	1:00-2:00pm	Morgan S
Sun	9:15-10:15am	Kyle
Sun	12:15-1:15pm	Kyle
Sun	1:30-2:30pm	Kyle
Sun	1:45-2:45pm	Oceane

Mini Bounder (1st-2nd Beginner)		
Tues	6:15-7:15pm	Rachel

Bounder (3rd-5th Beginner)		
Tues	7:00-8:00pm	Donna

Mini Flip (1st-2nd Intermediate)		
Thur	4:30-5:30pm	Adella

Flip (3rd-5th Intermediate)		
Tues	6:00-7:00pm	Donna

Mini Flip/Flips (1st-5th Intermediate)		
Mon	4:45-5:45pm	Mal
Mon	5:45-6:45pm	Emily S
Mon	6:45-7:45pm	Mal
Tues	5:00-6:00pm	Emily R
<i>Tues</i>	<i>7:15-8:15pm</i>	<i>Shana</i>
Wed	2:15-3:15pm	Shana
Wed	3:00-4:00pm	Emily R
Wed	4:45-5:45pm	Emily R
Thurs	6:45-7:45pm	Donna
Fri	5:15-6:15pm	Krystal
Sat	9:15-10:15am	Morgan S
Sat	10:15-11:15am	Morgan S
Sat	11:15-12:15pm	Tilly
Sat	11:15-12:15pm	Greg
Sat	12:00-1:00pm	John
Sat	12:15-1:15pm	Sophie
Sat	12:30-1:30pm	Peyton
Sat	1:15-2:15pm	Tilly
Sun	11:15-12:15pm	Oceane
Sun	11:45-12:45pm	John
Sun	1:45-2:45pm	John

Aerials (1st-5th Intermediate/Advanced)		
<i>Mon</i>	<i>4:30-5:45pm</i>	<i>Donna</i>
Tues	4:30-5:45pm	Donna
Tues	7:00-8:15pm	Emily R
Wed	2:00-3:15pm	Donna
Wed	6:45-8:00pm	Emily R
Thur	4:15-5:30pm	Donna
Fri	5:00-6:15pm	Emily
Sat	10:00-11:15am	Greg

Springers (1st-5th Advanced)		
<i>Mon</i>	<i>4:15-5:45pm</i>	<i>Emily</i>

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 Issaquah 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

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>

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

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

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

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