

# 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

Grasshoppers (3 year olds)		
Mon	11:30-12:15pm	Dawn
Mon	5:45-5:30pm	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	9:00-9:45am	Peyton
Sat	9:15-10:00am	Tilly
Sun	10:30-11:15am	Oceane
Sun	11:00-11:45am	Mal

Crickets (4 yrs-Kindergarten Beginner)		
Wed	3:15-4:00pm	Shana
Wed	3:30-4:15pm	Adella
Thurs	3:15-4:00pm	Dawn
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
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	Zoe
Sun	9:45-10:30am	Oceane
Sun	10:15-11:00am	Mal

Crickets (4 yrs-Kindergarten Beginner)		
Mon	10:30-11:15a	Dawn
Mon	4:00-4:45pm	Adella
Mon	4:30-5:15pm	Rachel
Mon	4:45-5:30pm	Adella
Mon	5:00-5:45pm	Anita
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	6:00-6:45pm	Marilyn
Tues	6:15-7:00pm	Emily R
Wed	10:45-11:30a	Dawn
Wed	1:45-2:30pm	Dawn

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

Hummingbirds (4yrs-Kindergarten Advanced)		
Wed	5:15-6:16pm	Dawn

# 2025-2026 Issaquah School Year Flyer—Coaches Girls Program

***Bold/Italic\* is held at the team gym***

Mini Bounder/Binders(1st-5th Beginner)		
Mon	5:00-6:00pm	Aidan
Mon	5:45-6:45pm	Mal
Mon	6:45-7:45pm	Anita
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	2:30-3:30pm	Adella
Wed	3:00-4:00pm	Krystal
Wed	3:15-4:15pm	Donna
Wed	5:45-6:45pm	Emily R
Thurs	5:00-6:00pm	Eleen
Thurs	5:30-6:30pm	Aidan
Thurs	5:45-6:45pm	John
Thurs	6:00-7:00pm	Anita
Thurs	6:45-7:45pm	Eleen
<b>Thurs</b>	<b>7:15-8:15pm</b>	<b>Shana</b>
Fri	4:15-5:15pm	Krystal
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	1:00-2:00pm	Morgan S
Sun	9:15-10:15am	Mal
Sun	12:15-1:15pm	Mal
Sun	1:45-2:45pm	Oceane

Mini Bounders (1st-2nd Beginner)		
Tues	6:15-7:15pm	Rachel
Springers (1st-5th Advanced)		
<b>Mon</b>	<b>4:15-5:45pm</b>	<b>Emily</b>

Mini Flip/Flips (1st-5th Intermediate)		
Mon	4:45-5:45pm	Mal
Mon	5:45-6:45pm	Anita
Mon	6:45-7:45pm	Mal
Tues	5:00-6:00pm	Emily R
<b>Tues</b>	<b>7:15-8:15pm</b>	<b>Shana/Mal</b>
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	John
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	Greg
<b>Sat</b>	<b>12:00-1:00pm</b>	<b>John</b>
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

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

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

Aerials (1st-5th Intermediate/Advanced)		
<b>Mon</b>	<b>4:30-5:45pm</b>	<b>Averi</b>
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	John
Fri	5:00-6:15pm	Emily R
Sat	10:00-11:15am	Greg

# Issaquah & Bellevue 2025-2026 School Year Special Programs Coaches Flyer

For more information on registering, tuition, and other programs, please visit [www.gymeast.com](http://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
<b><i>Sat</i></b>	<b><i>1:00-2:00pm</i></b>	<b><i>John</i></b>

## Boys Program Bellevue Gym

Mini Eagles/Eagles (Beginner Boys)		
Mon	4:30-5:30pm	Ella
Tues	6:00-7:00pm	Christie
Sat	1:45-2:45pm	Maria

## Falcons (Intermediate Boys)

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

## Falcons/Hawks (Inter/Adv Boys)

Falcons/Hawks (Inter/Adv Boys)		
Tues	6:30-8:00pm	John

## Hawks (Advanced Boys)

Hawks (Advanced Boys)		
<b><i>Sat</i></b>	<b><i>9:00-10:15am</i></b>	<b><i>John</i></b>

## Issaquah Middle School Girls Issaquah Team Gym

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

## Bellevue Middle School Girls Program

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

## Bellevue High School Girls Program

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