A picture containing drawing

Description automatically generated

**2025 Winter Session**

January 6th-February 12th

\*Practice Schedule is on the back!

Register by visiting sunrisegymnastics1.com and fill out the

google registration form!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Payment per session |
| Tumble Tots  30 min. class, 2\*/week  (9 practices) |  | 3:30-4:00 |  | 3:30-4:00 |  | Full: $25 |
| Beginner 1  45 min. class, 1\*/week  (6 practices) |  |  | 5:30-6:15 |  |  | Full: $30 |
| Beginner 2  1 hour class, 1\*/week  (5 practices) | 6:45-7:45 |  |  |  |  | Full: $30 |
| Advanced 1 & 2  1.5 hour class, 1\*/week  (5 practices) |  | 6:45-8:15 |  |  |  | Full: $45 |
| Middle/High School | 4:00-6:30 | 4:00-6:30 | 4:00-5:30 | 4:00-6:30 | 4:00-6:30 |  |

\*Gymnasts should come to class with a leotard or one-piece swimsuit and their hair pulled back. Boys must wear shorts and t-shirt tucked in.

**Forms & Payment Policy**:

-Pay in full per session before hand to insure your spot.

-Tax is included.

-All paid in full payments are nonrefundable.

-Registration & liability forms along with payment must be received prior to participation.

\*If Milbank school is canceled/let out early due to weather, there will be NO practice that evening. Make up information will be sent by email.

Sunrise Gymnastics

**Kelly Wollschlager, Coach**

Milbank High School Upstairs Gym

1001 E Park Ave, Milbank, SD 57252

Phone: 605-880-0065

Email: [sunrisegymnastics1@gmail.com](mailto:sunrisegymnastics1@gmail.com)

In coordination with:

***Vertical Horizons Gymnastics***

**Amber Fraasch, Coach**

\*Make checks payable to Kelly Wollschlager.

\*Mailing address: 16038 486th Ave. Revillo, SD 57259

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **January** | | | | | | |
|  |  |  | **1** | **2** | **3** | **4** |
| **5** | **6**  **B2** | **7**  **TT & Adv 1&2** | **8**  **B1** | **9**  **TT** | **10** | **11**  V @ Sisseton |
| **12** | **13**  V @ Hendricks | **14**  **TT & Adv 1&2** | **15**  **B1** | **16**  **TT** | **17**  JV@Madison | **18**  V @ Madison |
| **19** | **20**  **B2** | **21**  **TT & Adv 1&2** | **22**  **B1** | **23**  **TT** | **24** | **25** |
| **26** | **27**  **B2** | **28**  JV/V@ Morris | **29**  **B1** | **30**  **TT** | **31** |  |
| **February** | | | | | | |
|  |  |  |  |  |  | **1**  V @ Deuel |
| **2** | **3**  **B2** | **4**  **TT & Adv 1&2** | **5**  **B1** | **6**  Regions | **7** | **8** |
| **9** | **10**  **B2** | **11**  **TT & Adv 1&2** | **12**  **B1** | **13**  State Practice | **14**  State @Wtn | **15**  State @Wtn |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
| **23** | **24** | **25** | **26** | **27** | **28** |  |

\*Schedule may change due to MS/HS schedule changes.