

**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!

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| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Payment per session |
| Tumble Tots30 min. class, 2\*/week(9 practices) |  | 3:30-4:00 |  | 3:30-4:00 |  | Full: $25 |
| Beginner 145 min. class, 1\*/week(6 practices) |  |  | 5:30-6:15 |  |  | Full: $30 |
| Beginner 21 hour class, 1\*/week(5 practices) | 6:45-7:45 |  |  |  |  | Full: $30 |
| Advanced 1 & 21.5 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

In coordination with:

 ***Vertical Horizons Gymnastics***

**Amber Fraasch, Coach**

\*Make checks payable to Kelly Wollschlager.

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

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| **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.