A picture containing drawing

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**Fall Session 2024**

August 26th-October 22nd (8 weeks)

\*Practice Schedule is on the back!

Register by visiting sunrisegymnastics1.com and filling out the google registration form!

Check us out on Facebook!

SunriseGymnastics1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Payment per session |
| Tumble Tots  30 min. class, 2\*/week | 3:30-4:00 | 3:30-4:00 | 3:30-4:00 | 3:30-4:00 |  | $70 |
| Beginner 1  1 hour class, 2\*/week |  | 4:00-5:00  5:00-6:00 |  | 4:00-5:00  5:00-6:00 |  | $90 |
| Beginner 2  1 hour class, 2\*/week | 4:00-5:00  5:00-6:00 |  | 4:00-5:00  5:00-6:00 |  |  | $90 |
| Advanced 1  1.25 hour class, 2\*/week |  | 6:00-7:15 |  | 6:00-7:15 |  | $120 |
| Advanced 2  1.5 hour class, 2\*/week | 6:00-7:30 |  | 6:00-7:30 |  |  | $140 |
| Middle/High School  1.5 hour class, 1\*/week |  |  | 7:15-8:45 |  |  | $75 |

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

**\*Rules to Follow:**

-Waivers will need to be signed by parent on first day of class if not already signed.

-COVID form will need to be signed for each gymnast on first day of class.

**Forms & Payment Policy:**

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

Sunrise Gymnastics

**Kelly Wollschlager, Coach**

Milbank High School Upstairs Gym

1001 E Park Ave, Milbank, SD 57252

Kelly’s Phone: 605-880-0065

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

Website: sunrisegymnastics1.com

In coordination with:

***Vertical Horizons Gymnastics***

**Amber Fraasch, Coach**

-Tax is included.

-All paid in full payments are nonrefundable

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

\*Make checks payable to Kelly Wollschlager.

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

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| --- | --- | --- | --- | --- | --- | --- |
| **August** | | | | | | |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
|  |  |  |  | **1** | **2** | **3** |
| **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
| **25** | **26**  **TT,B2, Adv2** | **27**  **TT, B1, Adv 1** | **28**  **TT,B2, Adv 2, M/HS** | **29**  **TT, B1, Adv 1** | **30** | **31** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **September** | | | | | | |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| **1** | **2** | **3** | **4**  **B2, Adv 2, M/HS** | **5**  **TT, B1, Adv 1** | **6** | **7** |
| **8** | **9**  **TT,B2, Adv2** | **10**  **TT, B1, Adv 1** | **11**  **TT,B2, Adv 2, M/HS** | **12**  **TT, B1, Adv 1** | **13** | **14** |
| **15** | **16**  **TT,B2, Adv2** | 17  **TT, B1, Adv 1** | **18**  **TT,B2, Adv 2, M/HS** | **19**  **TT, B1, Adv 1** | **20** | **21** |
| **22** | **23**  **TT,B2, Adv2** | **24**  **TT, B1, Adv 1** | **25**  **TT,B2, Adv 2, M/HS** | **26**  **TT, B1, Adv 1** | **27** | **28** |
| **29** | **30**  **TT,B2, Adv2** |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **October** | | | | | | | |
| **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
|  |  | **1**  **TT, B1, Adv 1** | **2**  **TT,B2, Adv 2, M/HS** | **3**  **TT, B1, Adv 1** | **4** | **5** |
| **6** | **7**  **TT,B2, Adv2** | **8**  **TT, B1, Adv 1** | **9**  **TT,B2, Adv 2, M/HS** | **10**  **TT, B1, Adv 1** | **11** | **12** |
| **13** | **14**  **B2, Adv2** | **15**  **TT, B1, Adv 1** | **16**  **TT,B2, Adv 2, M/HS** | **17**  **TT, B1, Adv 1** | **18** | **19** |
| **20** | **21**  **TT,B2, Adv2** | **22**  **TT, B1, Adv 1** | **23** | **24** | **25** | **26** |
| **27** | **28** | **29** | **30** | **31** |  |  |