

**24 Winter Session**

November 11th- December 19th

\*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(6 practices) | 6:45-7:45 |  |  |  |  | Full: $35 |
| Advanced 1 & 21.5 hour class, 1\*/week(4 practices) |  | 6:45-8:15 |  |  |  | Full: $40 |
| 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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| **November** |
|  |  |  |  |  | **1** | **2** |
| **3** | **4** | **5** | **6** | **7** | **8** | **9** |
| **10** | **11****B2** | **12****TT & Adv 1&2** | **13****B1** | **14****TT**  | **15** | **16** |
| **17** | **18****B2** | **19****TT & Adv 1&2** | **20****B1** | **21****TT**  | **22** | **23** |
| **24** | **25****B2** | **26****TT & Adv 1&2** | **27****B1** | **28**Thanksgiving | **29** | **30** |
| **December** |
| **1** | **2****B2** | **3**V @ Sisseton | **4****B1** | **5****TT**  | **6** | **7**V @Vermillion |
| **8** | **9****B2** | **10****TT & Adv 1&2** | **11****B1** | **12****TT**  | **13** | **14**V @ Aberdeen |
| **15** | **16****B2** | **17**V @ Britton | **18****B1** | **19****TT** | **20** | **21**Milbank Invite |
| **22** | **23** | **24**Christmas Eve | **25**Christmas | **26** | **27** | **28** |
| **29** | **30** | **31** |  |  |  |  |

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