



2017 EXPO WEEK SCHEDULE: MONDAY, JUNE 5 - SATURDAY, JUNE 10

Day	Kindergym Classes	Kindergym Expo Sessions Approximately 50 minutes	Progressive Gym Classes	Progressive Expo Sessions Approximately 75 minutes
Monday, June 5	4:15 FLR/FLM	4:15	3:45 Girls Beginner 4:00 G1/2 4:00 G3/4	4:00
	5:00 Sparks 5:15 Flares 5:15 Flames	5:15	4:30 Level 2 AQUA 4:45 Girls Beginner 5:00 Advanced 3/4 5:00 B3/4 5:00 G1/2 5:30 G3/4 5:30 G1/2	5:30
	6:00 Sparks 6:15 Flares 6:15 Flames	6:15	6:30 B1/2 6:30 Girls Beginner 6:30 G1/2 6:30 Novice 1/2 7:00 G1/2 7:00 G3/4 7:00 Advanced 3/4	7:00
Tuesday, June 6	9:30 Flr/Flm	9:30	2:00 HMSCH	2:00
	10:45 Sparks 10:30 Flr/Flm	10:45	4:00 G1/2 4:00 G3/4 4:00 B1/2 4:00 Girls Beginner	4:00
	1:30 Flr/Flm	1:30	5:00 Girls Beginner 5:00 G1/2 5:00 G3/4 5:00 Novice 1/2 5:30 G1/2 5:30 B1/2	5:30
	4:00 Sparks 3:45 Flr/Flm	4:00	6:30 Girls Beginner 6:30 G1/2 7:00 G3/4 7:00 Advanced 3/4	7:00
	5:15 Flares 5:15 Flames	5:15		
	6:15 Flares 6:15 Flames	6:15		
Wednesday, June 7	9:45 Sparks 9:30 Flr/Flm	9:45	2:00 HMSCH	2:00
	10:45 Sparks 10:30 Flr/Flm	10:45	4:00 G1/2 4:00 Girls Beginner 4:00 Novice 1/2 4:00 Advanced 3/4	4:00
	1:30 Strongman	1:30	4:30 Level 2 LIME 5:00 B1/2 5:00 B3/4 5:00 Girls Beginner 5:30 G1/2 5:30 G3/4	5:30
	4:15 Flr/Flm	4:15		
	5:15 Flares 5:15 Flames	5:15		
	6:15 Flares 6:15 Flames 6:00 Sparks	6:15		
Thursday, June 8	4:15 Flr/Flm	4:15	3:30 Express Gym 4:00 G1/2 4:00 B1/2	4:00
	5:00 Sparks 5:15 Flares 5:15 Flames	5:15	4:45 Girls Beginner 5:00 G1/2 5:00 B1/2 5:30 G1/2 5:30 G3/4 5:45 Girls Beginner	5:30
	6:00 Sparks 6:15 Flares 6:15 Flames	6:15	6:30 G1/2 6:30 G3/4 7:00 Advanced 3/4 7:00 Novice 1/2 7:00 G3/4	7:00
Friday, June 9			4:30 Express Gym	4:30
Saturday, June 10	9:15 Sparks 9:30 Flares 9:30 Flames	9:30	9:00 G1/2 9:00 G3/4 9:00 Advanced 3/4 9:00 B1/2 9:00 B3/4	9:00
	10:30 Flr/Flm 10:45 Sparks	10:30	10:30 G1/2 10:30 G3/4 10:15 Girls Beginner 10:30 Novice 1/2	10:30



EXPO WEEK SCHEDULE & SUMMER UPDATE

Expo Week: Monday, June 5 - Saturday, June 10

Our annual Altius Expo Week is fast approaching. Students and coaches are hard at work memorizing routines & perfecting skills to demonstrate for their families and friends. The complete Expo Week schedule is on the back of this newsletter.

Kindergym students will perform on four circuits in the back of the gym. A special seating area will be set up along the back wall of the gym for up-close Kindergym viewing.

Progressive gymnastics students will perform on vault, bars, beam, floor and boy's equipment. Cheer Fundamentals students will perform their tumbling, stunting, and a group routine. Additional seating will be provided near the bleachers for gymnastics and cheer viewing.

All Expo performances end with a trophy presentation and an opportunity to take group and individual pictures. Remember to bring your camera! Some evening sessions will include a tumbling demonstration by Altius Team gymnasts, and the coaches.

Family and friends are invited to attend. Admission is free. Please remember that only participating Altius students are allowed on the equipment. Siblings should be closely supervised in the waiting area.

Save 10% by April 30!
Don't miss our summer special;
Save 10% when you register & pay in full for the entire session by April 30th.

Summer Session runs June 12- August 24!

Don't miss out on the benefits of gymnastics & cheerleading this summer.

Join Altius for fitness, confidence, agility, flexibility, balance, friends & FUN!

Altius Makes it Easy to Fit Fitness into your Summer...

- 1. Weekly Classes:** register & pay for only the weeks you can attend. Weeks may be non-consecutive & more may be added at any time. Choose 1 or 2 classes per week.
- 2. GymACTION Camps & Parents' Night Out:** Register up to 48 hours in advance for our popular special events. Get fitness, friends, and fun all rolled into one!

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www.AltiusGymnastics.com