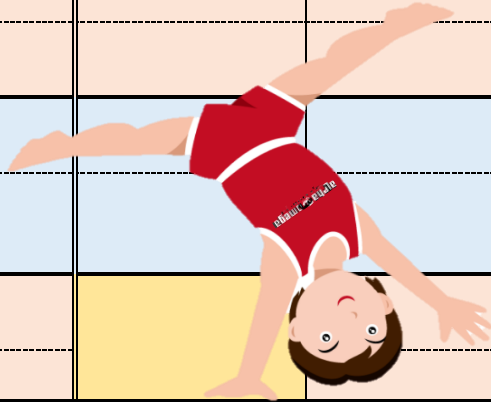


alphaOmega KID'S CAMP



Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY
						9:00-9:40	Rolly Poly - LM Bumble Bee - SS Grass Hopper - TH
						9:00-9:55	Cartwheel - AZ Flip Flop - KH Beta Warrior - SN
						10:00-10:40	Rolly Poly - AZ Bumble Bee - SS Fire Fly - LM Grass Hopper - TH/IM
						10:00-10:55	Cartwheel - LL Flip Flop - KH Alpha Warrior - SN
						11:00-11:40	Rolly Poly - LM Bumble Bee - IM Grass Hopper - SS
						11:00-11:55	Cartwheel - LL Flip Flop - KH Junior Tumbling 1 - SN
						12:00-12:40	Devo Team - 11-12:55 Rolly Poly - LL Bumble Bee - SS
						12:00-12:55	Cartwheel - KH Alpha Warrior - SN

3:00-3:40	Rolly Poly - AB bb/gh - KJ	Rolly Poly - LM Bumble Bee - AB Grass Hopper - TH	Rolly Poly - AB bb/gh - JH	HSNW - AB HSGG - KH, AZ HSTB - LM	
3:45-4:40	Cartwheel - KH Flip Flop - AB/AP Aerial - TM Alpha Warrior - JH	Cartwheel - KH Alpha Warrior - TM Junior Tumbling - AZ	Cartwheel - AZ Ninja Warrior - JH Junior Tumbling - TM	Cartwheel - AZ Flip Flop - KH Alpha Warrior - AB	Flip Flop - AZ (3:30-4:25) bb/gh - JH (3:45-4:25)
4:00-4:40	Rolly Poly - AZ Bumble Bee - KJ Grass Hopper - LM	Bumble Bee - LM Grass Hopper - AB	Grass Hopper - KJ	Bumble Bee - LM Grass Hopper - MA	Devo Team - 3:45-5:40 Xcel Bronze, Silver B: 3:45-5:40 Xcel Silver A, Gold: 4:15-6:10
4:45-5:40	Cartwheel - AP, KH Alpha Warrior - AZ Beta Warrior - JH	Cartwheel - SS, KH Flip Flop/Aerial - AZ	Cartwheel - SN Flip Flop - TM Alpha Warrior - AZ	Cartwheel - SS Flip Flop/Aerial - AZ Alpha Warrior - MA Junior Tumbling 1 - KJ	Cartwheel - SS (4:30-5:25) bb/gh - JH (4:45-5:25)
5:00-5:40	Rolly Poly - LM Bumble Bee - KJ Grass Hopper - SS	Rolly Poly - LM Bumble Bee - IM/TH Fire Fly - AB	Rolly Poly - AB Bumble Bee - JH Grass Hopper - KJ	Rolly Poly - CK Bumble Bee - LM Fire Fly - KH	
5:45-6:40	Cartwheel - KH Junior Tumbling 1 - AZ	Cartwheel - AZ Flip Flop - KH Beta Warrior - MA Junior Tumbling 1 - SN	Cartwheel - KJ Alpha Warrior - SN	Cartwheel - AZ Flip Flop - TM Alpha Warrior - MA Junior Tumbling 1 - SN	Cartwheel - SS (5:30-6:25)
6:00-6:40	Rolly Poly - LM Bumble Bee - SS Grass Hopper - KJ	Rolly Poly - LM Bumble Bee - SS Grass Hopper - EA/TH	Bumble Bee - JH Fire Fly - AZ	Rolly Poly - CK Bumble Bee - LM Grass Hopper - SS	
6:45-7:40	Cartwheel - AZ Flip Flop/Aerial - AP Junior Tumbling 1 - KH Varsity Tumbling - TM	Cartwheel - KH Flip Flop/Aerial - AZ Alpha Warrior - MA Junior Tumbling 2 - SN	Cartwheel - KJ Flip Flop - AZ Alpha Warrior - JH Varsity Tumbling - SN	Cartwheel - KH Flip Flop - SN Ninja Warrior - TM	
7:00-7:40	Grass Hopper - SS	Grass Hopper - SS		Bumble Bee - AZ	
		Xcel Silver B: 6:30-8:25	Xcel Silver A, Gold: 6-7:55	Skills Clinic 1st & 3rd Thursday 7:45-8:45	

alphaOmega
Open Gym

1:00-2:30 pm

Birthday Parties

Saturdays
3:00-4:30 pm
5:00-6:30 pm

Sundays
1:00-2:30
3:00-4:30
5:00-6:30

Parent's Night Out

3rd Saturday of Every Month
6:00 - 10:00 pm

Tumble Bugs Gymnastics - 6 wks - 5 yrs
Caterpillar - (6 Weeks - Walking)
Rolly Poly - (Walking - 2.99 yrs old)
Bumble Bee - (3 yrs old)
Grass Hopper - (4-5 yrs old)
bb/gh (Bumble Bee/Grass Hopper) - (3-5 yrs old)
Fire Fly - (3-5 yrs old - Advanced)

Girls Gymnastics - Kindergarten & up
Cartwheel - (Beginners)
Flip Flop - (Experienced)
Aerial - (Advanced)

Junior Tumbling - Kindergarten & up
Junior Tumbling 1 - (Beginners)
Junior Tumbling 2 - (Advanced)

Ninja Warrior TnT - Kindergarten & up
Alpha Warrior - (Kindergarten - 8 yrs old)
Beta Warrior - (9 yrs old & up)
Delta Warrior - (Advanced - 6 yrs old & up)

Varsity Tumbling - Middle School & High School
Varsity Tumbling 1 - (Beginning Tumbling)
Varsity Tumbling 2 - (Advanced Tumbling)



Alpha Omega Gymnastics
8412 Stacy Rd, Suite 100
McKinney, TX 75070

Office Hours
Monday-Friday 9:15a - 7:40p
Saturday 9a - 2:30p
Sunday Closed

469-859-9936

AB Allie Bouchez
AZ Abi Zepeda
CK Catherine Kester
JC Jenn Cao
KH Katy Hullum
KS Kristen Swoger
LM Linda Martin
MA Michael Alexander
SS Sara Schmitz
TM Ty Montgomery
JH Josh Hiebert

Allie Bouchez - Director of Operations
Linda Sult - Director of Accounts
Mary-Kate Douglas - Executive Assistant/Front Desk
Erin Heard - Director of Marketing/Front Desk
Rebekah Lovelace - Front Desk

AlphaOmegaGymnastics.com