

**Sonshine Academy 327-7742**  
**2011-2012 School Year Schedule of Classes**

**Cheerleading/Tumbling/Urban Gymnastics**

Revised 1/5/12

<b>Tumbling Classes by Level</b>		
Homeschool	Mon.	2:45-3:45
Beginner	Mon.	4:00-5:00
		6:00-7:00
		7:00-8:00
	Tues.	4:00-5:00
	Wed.	6:00-7:00
	Thurs.	4:00-5:00
		5:00-6:00
Level 1	Mon.	4:00-5:00
		5:00-6:00
		6:00-7:00
	Wed.	5:30-6:30
	Thurs.	5:00-6:00
	Fri.	6:00-7:00
		7:00-8:00
Level 2	Mon.	4:00-5:00
		6:00-7:00
		7:00-8:00
	Tues.	6:30-7:30
	Wed.	6:00-7:00
	Thurs.	6:00-7:00
Level 3	Mon.	7:00-8:00
		5:00-6:00
		6:00-7:00
	Tues.	4:00-5:00
	Wed.	4:00-5:00
	Thurs.	4:00-5:00
	Fri.	6:00-7:00
		7:00-8:00
Level 3/4	Wed.	7:00-8:00
Level 4	Wed.	4:00-5:00

<b>Cheerleading Classes</b>		
Mon.	5:30-6:30	1st-2nd
Tues.	5:00-6:00	2nd-5th
Wed.	4:00-5:00	K-1st

<b>Cheernastics (Cheer &amp; Gymnastics)</b>		
Tues.	6:00-7:00	4-5 yr. old
Wed.	5:00-6:00	K
Thurs.	4:00-5:00	4-5 yr. old
	5:00-6:00	K

<b>Tumbling Classes by Day/Time</b>		
Mon.	2:45-3:45	Homeschool
	4:00-5:00	Level - Beg
	5:00-6:00	Level - 1
		Level - 2
	6:00-7:00	Level - 1
		Level - 3
	7:00-8:00	Level - Beg
		Level - 2
		Level - 3
	8:00-9:00	VHS
		PJHS
		CHS
Tues.	4:00-5:00	PJHS
		Level - Beg
	6:30-7:30	Level - 3
		Level - 2
	7:00-8:00	VJHS
		7:00-8:00
	8:00-9:00	CJHS
		8:00-9:00
Wed.	4:00-5:00	Level - 3
		Level - 4
	5:30-6:30	Level - 1
		6:00-7:00
	7:00-8:00	Level - Beg
		Level - 2
	7:00-8:00	Level - Beg
		Level - 3/4
Thurs.	4:00-5:00	Level - Beg
		Level - 3
	5:00-6:00	Level - Beg
		Level - 1
	6:00-7:00	Level - 1
		Level - 2
	7:00-8:00	Level - 3
		Level - 1
	7:00-8:00	Level - 1
		Level - 2
Fri.	4:00-5:00	Level - 1
		Level - 1

<b>Boys Only Tumbling</b>		
Wed.	5:00-6:00	2nd +

<b>Urban Gymnastics (prev. called Parkour)</b>		
Wed.	8:00-9:30	7th & up
Thurs.	8:30-9:30	7th & up
Fri.	5:15-6:15	2nd - 6th

# 2011-2012 Dance Schedule

Added Preschool Dance & Gym Class Monday 4:50-5:50 as of 1/2/12

Early Childhood Program (3-5 yrs)			
<u>Preschool Dance/Gym (3-4 yrs)</u>			
Mon.	6:30-7:30	Room A	
Tues.	5:30-6:30	Room A	
	6:30-7:30	Room A	
Wed.	10:25-11:2	Room A	
	11:15-12:1	Room A	
	4:00-5:00	Room A	
	6:15-7:15	Room B	
	6:55-7:55	Room B	
Thurs.	10:30-11:3	Room A	
	11:15-12:1	Room A	
	6:10-7:10	Room A	
Sat.	10:00-11:0	Room A	
<u>Preschool Dance/Gym (4-5 yrs)</u>			
Tues.	6:10-7:10	Room A	
Wed.	9:15-10:15	Room A	
	12:15-1:15	Room A	
	6:35-7:35	Room A	
Thurs.	12:15-1:15	Room A	
	5:30-6:30	Room A	
	6:30-7:30	Room A	

Elementary Program (Kind - 5th grade)			
<u>Ballet/Tap</u>			
Kind. Inv	Mon.	4:00-5:00	Room B
Kind. Inv	Wed.	5:45-6:45	Room A
Kind.	Fri.	5:30-6:30	Room A
Kind.	Sat.	10:40-11:4	Room A
1st-2nd Inv	Mon.	5:00-6:00	Room C
1st-2nd	Wed.	4:00-5:00	Room B
1st-2nd	Fri.	4:45-5:45	Room B
3rd-5th	Fri.	5:45-6:45	Room B
3rd-5th(Inv	Fri.	4:00-5:30	Room A
<u>Elementary Jazz (1st - 2nd)</u>			
	Mon.	5:00-5:30	Room B
	Thurs.	4:00-4:45	Room B
<u>Broadway Belles Ballet/Tap</u>			
1	Mon.	4:00-5:00	Room C
2	Mon.	5:30-6:30	Room B
3 (B,T,J)	Mon.	4:00-5:30	Room A
<b>Starlettes</b>	Wed.	4:45-5:45	Room A
<b>Starlettes</b>	Thurs.	4:00-6:15	Room B
<u>Starlettes 3</u>			
Ballet	Tues.	4:45-5:30	Room C
Tap/Jazz	Thurs.	4:00-5:30	Room A
<u>Starlettes 4</u>			
Ballet	Tues.	4:00-4:45	Room C
Tap/Jazz	Thurs.	6:15-7:45	Room B
<u>Starlettes 5</u>			
Tap/Jazz	Mon.	5:30 - 6:30	Room A
Ballet	Fri.	4:00-4:45	Room B

Company Classes				
<u>Pink</u>	Ballet	Tues.	5:30-6:30	Room C
	Jazz	Wed.	5:00-5:45	Room B
	Tap	Wed.	5:45-6:30	Room B
<u>Green</u>	Jazz	Tues.	5:00-5:45	Room B
	Tap	Tues.	5:45-6:30	Room B
	Ballet	Thurs.	4:00-5:00	Room C
<u>Plum</u>	Tap	Tues.	4:00-4:45	Room A
	Jazz	Tues.	4:45-5:30	Room A
	Ballet	Thurs.	5:30-6:30	Room C
<u>Red</u>	Jazz	Mon.	6:30-7:15	Room B
	Lyrical	Mon.	7:15-8:00	Room B
	Tap	Mon.	8:00-8:45	Room B
	Ballet	Tues.	7:30-8:30	Room A
<u>Burgundy</u>	Jazz	Mon.	7:15-8:00	Room A
	Lyrical	Mon.	8:00-8:45	Room A
	Ballet	Tues.	6:30-7:30	Room B
	Tap	Tues.	7:30-8:15	Room B
<u>Black</u>	Ballet	Tues.	6:30-8:00	Room C
	Tap	Tues.	8:00-8:45	Room C
	Jazz	Wed.	4:00-4:45	Room C
	Lyrical	Wed.	4:45-5:30	Room C
	Pointe	Wed.	5:30-6:15	Room C
<u>Black/Plat. Modern</u>		Tues.	4:00-5:00	Room A
<u>Platinum</u>	Pointe	Mon.	6:00-7:00	Room C
	Jazz	Mon.	7:00-7:45	Room B
	Lyrical	Mon.	7:45-8:30	Room C
	Ballet	Thurs.	6:30-8:00	Room C
	Tap	Thurs.	8:00-8:45	Room C
Turn, Leaps, Prog.		Mon.	8:30-9:15	Room C
Turn, Leaps, Prog.		Thurs.	5:00-5:30	Room C
Company Ballet Tech		Sat.	10:45-11:45	Room C
<b>Company Hip Hop</b>				Room C
Stretch, Strengthen, Tone		Sat.	12:30-1:00	Room C

Jr . Classes (6th & up)			
Jr. Ballet	Wed.	7:35-8:35	Room B
Jr. Tap	Tues.	8:30-9:15	Room A

Jazz/Hip Hop			
3rd-5th	Wed.	6:15-7:00	Room C
3rd-5th(Inv)	Thurs.	7:30-8:15	Room A
3rd-5th	Fri.	5:00-5:45	Room C
		5:45-6:30	Room C
	Sat.	10:00-10:45	Room C
6th+ (Nov.)	Wed.	7:00-7:45	Room C
6th+ (Inv.)	Thurs.	8:15-9:00	Room A
<u>Adult Classes</u>			
Adult Tap	Tues.	8:30-9:15	Room A

**CHS Dance Tm - Tue:** 8:15-9:15 Room B

**GYMNASTICS, TRAMPOLINE & SPORTS FITNESS** *powered by Motion Evolution*

Rev.1/4/2012

Early Childhood Program (18 mos - 5 yrs)						
Playful Parenting Gymnastics (18 mos - 3 yrs)				Preschool Gymnastics (3 - 5 yrs) continued		
Day	Morning	Evening		Day	Morning	Evening
Mon.	11:15-11:45 12:35-1:15 (40min)	5:00-5:40		Wed.	9:00-9:40 9:45-10:25	
Tues.	11:15-11:45	4:45-5:25			10:30-11:10	4:00-4:40 (4 & 5 yrs)
Wed.	11:15-11:45	5:05-5:45 5:50-6:30			11:50-12:30 12:35-1:15	6:30-7:10 (3 & 4 yrs) 7:10-7:50 (4 & 5 yrs)
Thurs.	11:15-11:55	5:30-6:10		Thurs.	9:45-10:25 10:30-11:10	4:00-4:40 (3 & 4 yrs) 4:45-5:25 (3 & 4 yrs) 7:10-7:50 (3 & 4 yrs)
Sat.	9:15-9:55 (40min)			Fri.	9:00-9:40 9:45-10:25	
Preschool Gymnastics (3 - 5 yrs)						
Day	Morning	Evening		Preschool Invitational Gymnastics		
Mon.	9:00-9:40 9:45-10:25 10:30-11:10 11:50-12:30 12:35-1:15	4:15-4:55 (3 & 4 yrs) 5:45-6:25 (3 & 4 yrs) 6:30-7:10 (4 & 5 yrs)		Girls	Weds.	4:25-5:25 (4 & 5 yrs)
Tues.	9:00-9:40 9:45-10:25 10:30-11:10	4:00-4:40 (3 & 4 yrs) 5:30-6:10 (3 & 4 yrs)		Boys	Weds.	6:00-7:00 (4 & 5 yrs)
				Preschool Sports Fitness		
				Tues.	11:15-11:55 7:10-7:50	(4 & 5 yrs) (4 & 5 yrs)
				Wed.	11:50-12:30	(4 & 5 yrs)

Girls Gymnastics (Kindergarten & up)		
"Sunrays" & "Sunrays Plus"	"Flares"	"Hot Shots"
<u>Kindergarten (all Sunrays)</u>	<u>Kindergarten</u>	<u>2nd-3rd grade</u>
Mon. 4:00-5:00 5:05-6:05	Mon. 4:00-5:10	Tues. 4:00-5:30
Tues. 12:00-1:00 4:00-5:00 6:10-7:10	<u>1st-2nd grade</u> Mon. 5:05-6:15 Weds. 5:05-6:15 Thurs. 5:05-6:15	<u>3rd grade +</u> Mon. 5:30-7:00 Thurs. 4:00-5:30
Thurs. 4:00-5:00 5:05-6:05 (K-1) 6:20-7:20	<u>3rd grade +</u> Mon. 4:00-5:10 6:10-7:20 Tues. 5:05-6:15 (2nd +) Thurs. 5:05-6:15	
<u>1st-2nd grade (S &amp; SP)</u>		
Mon. (6-8 yr) 1:45-2:45 4:00-5:00 SP 6:10-7:10 6:20-7:20		
Tues. SP 4:00-5:00 5:05-6:05		
Weds. 4:00-5:00		
Thurs. 4:00-5:00 (K-1) 6:20-7:20		
<u>3rd grade &amp; up (S &amp; SP)</u>		
Tues. 4:00-5:00		
Weds. 5:05-6:05		

Trampoline
(Co-ed, 8 yrs & up)
Weds 7:00-8:00

Boys Gymnastics (Kindergarten & up)		
"Flippers"	"Twisters"	
<u>Kindergarten</u>	<u>1st grade +</u>	
Mon. 4:00-5:00	Tues. 4:00-5:10	
Tues. 12:00-1:00 5:15-6:15	Thurs. 4:00-5:10	
<u>K-1st grade</u>	<u>"Dynamos"</u>	
Mon. 6:10-7:10	<u>1st grade +</u>	
Thurs. 6:10-7:10	Mon. 4:00-5:30	
<u>1st - 2nd grade</u>	<u>Boys Only Tumbling</u>	
Tues. 4:00-5:00	<u>2nd grade +</u>	
Wed. 5:05-6:05	Wed. 5:00-6:00	
<u>2nd grade +</u>	<u>Boys Sports Fitness</u>	
Mon. 5:05-6:05	<u>(1st grade &amp; up)</u>	
<u>3rd grade +</u>	Tues. 5:15-6:15	
Thurs. 4:00-5:00	Wed. 6:10-7:10	

Urban Gymnastics (previously known as Parkour)		
Wed. 8:00-9:30	Int.-Adv.	7th & up
Thurs. 8:30-9:30	Beg.-Int.	7th & up
Fri. 5:15-6:15	Beg.-Int.	3rd - 6th