

Winter 2009-2010 Exxcel Gymnastics and Climbing Class Schedule - Rolling Admission
 (617) 244-3300 www.exxcel.net

Level	Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OTHER PROGRAMS							
Intermediate	GymClimb 1, 5-7 yr 1 Hr Gym 1/2 Hr Climb (Boys or Girls)					12:45	
Intermediate	GymClimb 2, 8-10 yr 1 Hr Gym 1/2 Hr Climb (Boys or Girls)					12:45	
All Levels	Circus/Aerial Stars, 5 & up 1 1/2 hours, (Co-ed)				4:30		
All Levels	Teen Fitness, 12 & up 1 1/2 Hours, (Co-ed)					7:30	
BOYS PROGRAMS							
Beginner	GymBoys 1, 5-7 yr 1 Hour		2:30	1:30 2:30 3:30	3:30	2:30	9:00
Beginner	GymBoys 2, 7-9 yr 1 Hour		4:00		4:30	12:45	10:00
Intermediate Age Appropriate	SuperGymBoys 1, 6-8 yr 1.5 Hours			4:30		12:45	
Intermediate Age Appropriate	SuperGymBoys 2, 8-11 yr 1.5 Hours	4:30				12:45	
Advanced (By Recommendation)	GymBoys 3, 7 & up 2 Hours						12:00
Intermediate (By Recommendation)	Exxcel Boys, 3-5 yr 1 Hour	2:45					
Intermediate (By Recommendation)	Boys Pre-Team 5-7 yr 1.5 Hours			4:30			12:00
CLIMBING PROGRAMS							
Beginner	Adventure Play, 4-6 yr 45 Minutes		1:15 3:30	1:15		12:45 2:15	9:00
Beginner	ClimbStars, 6yr & up 1 Hour	3:30 4:30	1:15 3:30	4:30	3:30	12:45 3:30	9:00 10:00
Intermediate	Dyno Climb, 6-9 yr 1 Hour	4:30		4:30	3:30		
Intermediate	SuperClimbStars, 8yr & up 1.5 Hours	5:30	4:30	5:30	4:30	4:30	11:00
Beg/Advanced	Teen Climbing, 13yr & up 1.5 Hours	5:30			5:30		
Intermediate (By Recommendation)	Climbing Pre-Team, 6-8 yr 2 Hours		4:30		4:30		
PARENT/CHILD and ADULT OPEN CLIMB PROGRAM							
All Levels	Parent/Child and Adult Climbing Children under 18yrs must be accompaied by an adult 1.5 hours	7:00	5:30		5:30		

*There is an annual \$40 membership fee per child/Family membership \$50.

*The schedule is subject to change.