

# TROUSDELL GYMNASTICS CENTER

## Fall 2022 Schedule

Monday, September 12 – Saturday, December 10, 2022  
 326 John Knox Rd Tallahassee FL 32303 (850) 891-4908



CITY OF  
TALLAHASSEE

**Hours of Operation during the Session:**

Monday-Thursday 1:00pm – 9:00pm  
 Friday 1:00 – 6:00pm  
 Saturday 9:00am – 1:00pm

**Gym Closures Fall 2022 Session:**

Saturday, October 22 – Sunday, October 23 – Canopy Roads Girls' Meet  
 Friday, November 11, 2022 – Veteran's Day  
 Monday, November 21 – Saturday, November 26, 2022 – Thanksgiving

Fall 2022 General Public registration: Monday, August 22, 2022 @ 1PM

- Visit [www.tal.gov.com/parks/parkshome.aspx](http://www.tal.gov.com/parks/parkshome.aspx) and click the “online registration” button.
- Under the red banner, click “log in/create account”, then “create my PRNA account”. (If you have previously registered for other classes with the parks department, you should already have an account.)
- General public registration is on a first-come, first-served basis, beginning at 1:00 pm on 8/22/22.
- Filter the catalog by clicking on Trousdell Gymnastics, and you’ll be able to select a class and pay for it online.
- You may call our front office if needed, and we’ll help you with the registration process.

Intermediate & Advanced Registration: Wednesday, August 24, 2022

- \* This registration is **ONLY** for participants currently enrolled and who have been recommended for Intermediate & Advanced classes for the **Fall 2022 session**.
- \* **Siblings are not eligible to register during this registration and MUST register during the General Public Registration (unless also recommended for Fall 2022 Intermediate & Advanced classes).**
- \* Class fees must be paid by MasterCard or Visa when receipt of registration is received via email.
- \* **The Intermediate & Advanced Registration lottery system WILL NOT GUARANTEE a certain time; therefore, it is important to give four class choices on your registration form. Please only select classes that will work with your schedule.**

**Important Reminders:**

- **No refunds are given after the second week of classes.**
- **To assist with class organization, we do not offer makeups except in the case of planned gym closures.**
  - Days eligible for makeup this session are: Saturday, 10/22/22 and Friday, 11/11/22.
  - The Thanksgiving closure has been accounted for in the schedule.

Hours per Week	Classes	Fees
½ hour/week	All preschool classes (Parent & Child, Superman, Superstar and Twinkle Toes)	\$47.00
55min/week	All classes meeting once a week for 55 min. (including gymnastics & dance)	\$52.00
55min/2x week	All classes meeting twice a week for 55 min.	\$77.00
3 hours/week	Intermediate 3, Advanced 1, Adult Ballet	\$87.00
4 hours/week	Advanced 2	\$93.00
Adaptive	Adapted Gymnastics - classes for children with Special Needs	\$67.00

# Trousdell Gymnastics Center - Fall 2022

## GIRLS Gymnastics

### **Beginner 1 (1st Grade-9yrs)**

D1330	Monday	3:30-4:25
D1331	Monday	3:30-4:25
D1430	Monday	4:30-5:25
D1636	Monday	6:30-7:25
D1734	Monday	7:30-8:25
D2330	Tuesday	3:30-4:25
D2430	Tuesday	4:30-5:25
D2530	Tuesday	5:30-6:25
D2636	Tuesday	6:30-7:25
D2705	Tuesday	7:00-7:55
D3331	Wednesday	3:30-4:25
D3431	Wednesday	4:30-5:25
D3636	Wednesday	6:30-7:25
D3736	Wednesday	7:30-8:25
D4331	Thursday	3:30-4:25
D4431	Thursday	4:30-5:25
D4531	Thursday	5:30-6:25
D4636	Thursday	6:30-7:25
D5400	Friday	4:00-4:55
D5500	Friday	5:00-5:55
D6900	Saturday	9:00-9:55 am
D6100	Saturday	10:00-10:55 am
D6118	Saturday	11:00-11:55 am

### **Beginner 2 (1st Grade-9yrs)**

D1432	Monday	4:30-5:25
D3530	Wednesday	5:30-6:25
D4433	Thursday	4:30-5:25
D5430	Friday	4:30-5:25
D6101	Saturday	10:00-10:55 am

### **Beginner 3 (Recom. Only)**

D1435	Mon & Wed	4:30-5:25
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### **Intermediate 1 (1st Grade-9yrs)**

D1531	Mon & Wed	5:30-6:25
D5405	Friday	4:00-4:55
D6902	Saturday	9:00-9:55 am

### **Intermediate 2 & 3 (1st Grade-9yrs)**

D2532	Tue & Thur	5:30-6:55
D1336	Mon & Wed	3:30-4:55

### **Intermediate 3 (1st Grade-9yrs)**

D2336	Tue & Thur	3:30-4:55
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### **Flyers A (9-13yrs)**

D2432	Tuesday	4:30-5:25
D2708	Tuesday	7:00-7:55
D3536	Wednesday	5:30-6:25
D4432	Thursday	4:30-5:25
D4708	Thursday	7:00-7:55
D6903	Saturday	9:00-9:55 am
D6112	Saturday	11:00-11:55 am

### **Flyers B (9-13yrs)**

D1533	Mon & Wed	5:30-6:25
D2601	Tue & Thur	6:00-6:55

### **Advanced 1 (Recom. Only)**

D1633	Mon & Wed	6:30-8:25
D2631	Tue & Thur	6:30-8:25

### **Teen Girls**

D2808	Tue & Thur	8:00-8:55
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## BOYS Gymnastics

### **Boys 1 (1st Grade-9yrs)**

D1634	Monday	6:30-7:25
D2335	Tuesday	3:30-4:25
D2607	Tuesday	6:00-6:55
D3338	Wednesday	3:30-4:25
D3634	Wednesday	6:30-7:25
D4335	Thursday	3:30-4:25
D4608	Thursday	6:00-6:55
D5504	Friday	5:00-5:55
D6904	Saturday	9:00-9:55 am

### **Boys 2 (1st Grade-9yrs)**

D1436	Mon & Wed	4:30-5:25
D5404	Friday	4:00-4:55

### **Pre-teen Boys (10-13yrs)**

D2805	Tues & Thur	8:00-8:55
D6114	Saturday	11:00-11:55 am

## KINDERGARTEN

### **KinderGym - Boys and Girls 5/6 years old**

K1335	Monday	3:30-4:25
K1430	Monday	4:30-5:25
K1501	Monday	5:00-5:55
K1601	Monday	6:00-6:55
K1631	Monday	6:30-7:25
K2339	Tuesday	3:30-4:25
K2400	Tuesday	4:00-4:55
K2430	Tuesday	4:30-5:25
K2531	Tuesday	5:30-6:25
K2601	Tuesday	6:00-6:55
K2631	Tuesday	6:30-7:25
K2701	Tuesday	7:00-7:55
K3335	Wednesday	3:30-4:25
K3401	Wednesday	4:00-4:55
K3502	Wednesday	5:00-5:55
K3602	Wednesday	6:00-6:55
K4330	Thursday	3:30-4:25
K4401	Thursday	4:00-4:55
K4431	Thursday	4:30-5:25
K4502	Thursday	5:00-5:55
K4531	Thursday	5:30-6:25
K4602	Thursday	6:00-6:55
K4632	Thursday	6:30-7:25
K5330	Friday	3:30-4:25
K5400	Friday	4:00-4:55
K5500	Friday	5:00-5:55
K6900	Saturday	9:00-9:55 am
K6100	Saturday	10:00-10:55 am
K6110	Saturday	11:00-11:55 am

### **Superman (4 yr. old Boys, child only)**

C1331*	Monday	3:30-4:00
C1635*	Monday	6:30-7:00
C2301	Tuesday	3:00-3:30
C2439*	Tuesday	4:30-5:00
C3233	Wednesday	2:30-3:00
C3536*	Wednesday	5:30-6:00
C4331*	Thursday	3:30-4:00
C4505*	Thursday	5:00-5:30
C5401*	Friday	4:00-4:30
C6110*	Saturday	11:00-11:30 am

## PRESCHOOL Gymnastics

### **Parent/Child Classes for 2 & 3 year olds**

T1130	Monday	1:30-2:00
T1234	Monday	2:30-3:00
T1304	Monday	3:00-3:30
T1402	Monday	4:00-4:30
T1438	Monday	4:30-5:00
T1535	Monday	5:30-6:00
T1604	Monday	6:00-6:30
T1702	Monday	7:00-7:30
T1733	Monday	7:30-8:00
T2132	Tuesday	1:30-2:00
T2203	Tuesday	2:00-2:30
T2330	Tuesday	3:30-4:00
T2402	Tuesday	4:00-4:30
T2504	Tuesday	5:00-5:30
T2537	Tuesday	5:30-6:00
T2634	Tuesday	6:30-7:00
T2706	Tuesday	7:00-7:30
T2733	Tuesday	7:30-8:00
T3130	Wednesday	1:30-2:00
T3305	Wednesday	3:00-3:30
T3332	Wednesday	3:30-4:00
T3439	Wednesday	4:30-5:00
T3505	Wednesday	5:00-5:30
T3605	Wednesday	6:00-6:30
T3636	Wednesday	6:30-7:00
T3734	Wednesday	7:30-8:00
T4133	Thursday	1:30-2:00
T4403	Thursday	4:00-4:30
T4430	Thursday	4:30-5:00
T4535	Thursday	5:30-6:00
T4606	Thursday	6:00-6:30
T4707	Thursday	7:00-7:30
T4734	Thursday	7:30-8:00
T5233	Friday	2:30-3:00
T5337	Friday	3:30-4:00
T5437	Friday	4:30-5:00
T5501	Friday	5:00-5:30
T6906	Saturday	9:00-9:30 am
T6100	Saturday	10:00-10:30 am
T6103	Saturday	10:30-11:00 am
T6113	Saturday	11:30 am-noon

### **Superstar (4 yr. old Girls, child only)**

C1200	Monday	2:00-2:30
C1230	Monday	2:30-3:00
C1504*	Monday	5:00-5:30
C2130	Tuesday	1:30-2:00
C2201	Tuesday	2:00-2:30
C2605*	Tuesday	6:00-6:30
C3200	Wednesday	2:00-2:30
C3300	Wednesday	3:00-3:30
C3403*	Wednesday	4:00-4:30
C3630**	Wednesday	6:30-7:00
C3703**	Wednesday	7:00-7:30
C4234	Thursday	2:30-3:00
C4635*	Thursday	6:30-7:00
C5130	Friday	1:30-2:00
C5300	Friday	3:00-3:30
C5538*	Friday	5:30-6:00
C6930*	Saturday	9:30-10:00 am

## ADULT Classes

### **Gymnastics**

S1801	Mon & Wed	8:00-8:55
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### **Ballet**

S2630	Tue & Thur	6:30-7:55
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### TWEEN DANCE

### **Hip Hop (9-13yrs old)**

S4538	Thursday	5:30-6:25
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### 5-8 YEAR OLD DANCE

### **Hip Hop Dance (5-8yrs old)**

S1530	Monday	5:30-6:25
S3530	Wednesday	5:30-6:25
S5408	Friday	4:00-4:55
S6908	Saturday	9-9:55 am

### **Cheer Dance (5-8yrs old)**

S2530	Tuesday	5:30-6:25
S5508	Friday	5:00-5:55
S6114	Saturday	11:00-11:55 am

### **Ballet 1 Beg. (5-8 yrs old)**

S2532	Tuesday	5:30-6:25
S3407	Wednesday	4:00-4:55
S4335	Thursday	3:30-4:25
S6907	Saturday	9:00-9:55 am

### **Ballet 2 (Intermediate - Recom. Only)**

S6107	Saturday	10:00-10:55 am
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### **Ballet 3 (Advanced - Recom. Only)**

S6117	Saturday	11:00-11:55 am
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### TWINKLE TOES (3-4yrs Dance)

### *Dance Classes for Parent & Child*

S1430	Monday	4:30-5:00
S2636	Tuesday	6:30-7:00
S2708	Tuesday	7:00-7:30
S3431	Wednesday	4:30-5:00
S4532	Thursday	5:30-6:00
S4607	Thursday	6:00-6:30
S5339	Friday	3:30-4:00
S6102	Saturday	10:00-10:30 am
S6103	Saturday	10:30-11:00 am

### **Adapted Gymnastics (5-13 yrs. Special Needs)**

S6120	Saturday	12:00-12:55 pm
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The Superstar/Superman classes marked with one asterisk\* will take place in the preschool gym. Those marked with two asterisks\*\* will take place in the Kinder gym. Both classes are without a parent

Gymnasts must be 4 years old at the start of the session in order to register for Superman/Superstar classes