**Southern Hills Community Recreation Initiative (SHRec)**

**Gymnastics Schedule 2022-2023 TENTATIVE**

All classes will be held at the Mueller Center.

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|  | **8:30-10:00am** | **10:00-11:00am** | **11:00-11:30** |  |
|  |  |  |  |  |
| **Friday, Nov. 11** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Nov. 18** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Dec 9** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Dec. 16** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Jan 6**   | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Jan. 13** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Jan. 27** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Feb 3** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Feb. 10** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Feb 17** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
| **Friday, Feb 24** | Intermediate/ Advanced(Ages 9-12) | Beginners (Ages 6-8) | PreK (4-5 years) |  |
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|  |  |  |  |  |
| The HS Team’s home meets at 12/ 29, 1/17, 1/27, 1/30  | Please bring your child to watch and support. |  |  |  |

**Coaches certified with USA Gymnastics:** Denise Haden, Jill Catanio, Monika Hotz, Serenity Graf, & Leana Dappen (substitute).

\*Classes may be cancelled if less than 5 children are enrolled in a session.

\*Classes may be cancelled due to inclement weather. Parents will be notified by text and/or email, and it will be posted on our **SHRec Facebook page.**

Registration paperwork and payments can be made online at [**www.SouthernHillsRecreation.org**](http://www.SouthernHillsRecreation.org)or dropped off at Cascade Chiropractic. **Late fees apply after NOVEMBER 7th.** Thank You for your support.

If you have any questions or concerns, please contact Treese DeBoer at 605-430-7111 or Denise Haden 605-890-0278.