

# 2024-2025 Issaquah School Year Flyer—Coaches

## Tiny Tot Program

<b>Parent Tot (18 months-3 yrs)</b>		
Mon	9:45-10:30am	Dawn
Fri	9:30-10:15am	Dawn

<b>Grasshopper (3 year olds)</b>		
Mon	10:30-11:15am	Krystal
Mon	11:15-12:00pm	Dawn
Mon	5:45-6:30pm	Adella
Tues	6:00-6:45pm	Emily
Wed	9:45-10:30am	Dawn
Wed	2:00-2:45pm	Krystal
Wed	3:45-4:30pm	Dawn
Thurs	5:15-6:00pm	Dawn
Sat	9:15-10:00am	Morgan S
Sat	10:30-11:15am	Shana
Sun	11:15-12:00am	Nadia

<b>Cricket (4 yrs-Kindergarten Beginner)</b>		
Mon	10:30-11:15am	Dawn
Mon	3:00-3:45pm	Emily
Mon	4:00-4:45pm	Adella
Mon	4:30-5:15pm	Mal
Mon	4:45-5:30pm	Adella
Mon	5:00-5:45pm	Taylor
Mon	5:15-6:00pm	Cassie
Mon	6:00-6:45pm	Taylor
Tues	2:45-3:30pm	Emily
Tues	3:45-4:30pm	Emily
Tues	4:00-4:45pm	Annika
Tues	5:15-6:00pm	Nadia
Wed	10:45-11:30am	Dawn
Wed	1:00-1:45pm	Krystal
Wed	1:45-2:30pm	Dawn

<b>Hummingbird (4yrs-Kindergarten Advanced)</b>		
Wed	5:15-6:16pm	Dawn

<b>Cricket (4 yrs-Kindergarten Beginner)</b>		
Wed	3:30-4:15pm	Krystal
Wed	5:45-6:30pm	Kaitlin
Thurs	3:15-4:00pm	Dawn
Thurs	3:30-4:15pm	Adella
Thurs	4:15-5:00pm	Dawn
Thurs	5:45-6:30pm	Adella
Fri	10:30-11:15am	Dawn
Fri	11:30-12:15pm	Dawn
Fri	3:15-4:00pm	Krystal
Fri	4:00-4:45pm	Kyle
Sat	9:45-10:30am	Peyton
Sat	10:00-10:45am	Morgan S
Sat	11:00-11:45am	Devin
Sat	11:45-12:30am	Peyton
Sat	12:00-12:45pm	Devin
Sat	12:45-1:30pm	Shana
Sat	1:00-1:45pm	Sophie
Sat	1:30-2:15pm	Shana
Sun	9:30-10:15am	Nadia
Sun	9:45-10:30am	Manjiri
Sun	10:30-11:15am	Manjiri
Sun	10:45-11:30am	Tilly
Sun	1:00-1:45pm	Tilly

<b>Bumblebee (4 yrs-Kindergarten Intermediate)</b>		
Mon	5:30-6:30pm	Annika
Wed	11:30-12:30pm	Dawn
Wed	2:45-3:45pm	Dawn
Wed	4:30-5:30pm	Kaitlin
Thurs	6:00-7:00pm	Dawn
Fri	3:15-4:15pm	Emily
Sat	1:15-2:15pm	Krystal
Sun	12:45-1:45pm	Manjiri

## 2024-2025 Issaquah School Year Flyer—Coaches Girls Program

### Mini Bouncer/Bouncer (1st-5th Beginner)

Mon	4:15-5:15pm	Annika
Mon	6:00-7:00pm	Cassie
Mon	6:15-7:15pm	Mal
Tues	4:45-5:45pm	Annika
Tues	5:15-6:15pm	Adella
Tues	6:15-7:15pm	Nadia
Wed	2:00-3:00pm	Emily
Wed	3:30-4:30pm	Donna
Wed	6:45-7:45pm	Kaitlin
Thurs	4:00-5:00pm	Annika
Thurs	4:30-5:30pm	Aidan
Thurs	5:45-6:45pm	Donna
<b>Thurs</b>	<b>7:15-8:15pm</b>	<b>Shana/Tilly</b>
Fri	5:00-6:00pm	Kyle
Fri	6:00-7:00pm	Kyle
Sat	9:15-10:15am	Krystal
Sat	9:45-10:45am	Devin
Sat	10:30-11:30am	Peyton
Sat	10:45-11:45am	Sophie
Sat	11:45-12:45pm	Sophie
Sat	12:15-1:15pm	Morgan S
Sat	1:15-2:15pm	Morgan S
Sun	10:15-11:15pm	Nadia
Sun	11:15-12:15pm	Manjiri
Sun	12:00-1:00pm	Tilly
Sun	1:30-2:30pm	Nadia
Sun	2:00-3:00pm	Manjiri

### Mini Bouncer (1st-2nd Beginner)

Tues	4:00-5:00pm	Nadia
Sat	11:30-12:30pm	Shana

### Bouncer (3rd-5th Beginner)

Tues	7:00-8:00pm	Donna
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*Bold/Italic\* is held at the team gym*

### Mini Flip/Flips (1st-5th Intermediate)

Mon	5:15-6:15pm	Mal
Mon	7:00-8:00pm	Cassie
Tues	4:15-5:15pm	Adella
Tues	5:00-6:00pm	Emily
Tues	7:15-8:15pm	Mal
Wed	2:00-3:00pm	Shana
Wed	3:00-4:00pm	Emily
Wed	4:30-5:30pm	Donna
Thurs	5:30-6:30pm	Aidan
Thurs	6:30-7:30pm	Aidan
Thurs	7:00-8:00pm	Donna
Fri	4:30-5:30pm	Emily
Sat	9:30-10:30am	Shana
Sat	10:15-11:15am	Krystal
Sat	11:15-12:15pm	Morgan S
Sat	12:30-1:30pm	Peyton
Sun	9:45-10:45am	Tilly
Sun	11:45-12:45pm	John
Sun	12:30-1:30pm	Nadia
Sun	1:45-2:45pm	John

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<b>Mini Flip (1st-2nd Intermediate)</b>		
Thur	4:30-5:30pm	Adella
Mon	5:15-6:15pm	Mal

<b>Flip (3rd-5th Intermediate)</b>		
Tues	6:00-7:00pm	Donna

<b>Springers (1st-5th Advanced)</b>		
<i>Mon</i>	<i>4:15-5:45pm</i>	<i>Emily</i>

<b>Aerials (1st-5th Intermediate/Advanced)</b>		
Mon	4:15-5:30pm	Donna
Tues	4:30-5:45pm	Donna
Tues	7:00-8:15pm	Emily
<i>Tues</i>	<i>7:15-8:30pm</i>	<i>Shana</i>
Wed	2:15-3:30pm	Donna
Thurs	4:15-5:30pm	Donna
Thurs	5:15-6:30pm	Annika
Sat	11:45-1:00pm	Krystal
Sun	10:30-11:45am	Greg

# Issaquah & Bellevue 2024-2025 School Year Special Programs Coaches Flyer

For more information on registering, tuition, and other programs, please visit [www.gymeast.com](http://www.gymeast.com)

*Bold/Italic\* is held at the Issaquah team gym*

## Boys Program Issaquah Class Gym

Mini Eagles/Eagles (Beginner Boys)		
Mon	4:00-5:00pm	Taylor
Mon	6:45-7:45pm	Taylor
Sat	9:00-10:00am	Greg
Sun	9:30-10:30am	Greg

Falcons (Intermediate Boys)		
Sun	12:45-1:45pm	John

## Issaquah Middle School Girls Issaquah Team Gym

Middle School		
<i>Tues</i>	<i>7:15-8:45pm</i>	<i>Audrey</i>
<i>Thurs</i>	<i>7:15-8:45pm</i>	<i>Audrey</i>

## Boys Program Bellevue Gym

Mini Eagles/Eagles (Beginner Boys)		
Mon	4:30-5:30pm	Kyle
Tues	5:45-6:45pm	Taylor
Sat	12:00-1:00pm	Taylor
Sat	1:00-2:00pm	Taylor

Falcons (Intermediate Boys)		
Tues	7:00-8:00pm	Taylor

## Bellevue Middle School Girls Program

Middle School		
Tues	7:00-8:30pm	Kyle
Wed	7:00-8:30pm	Cecelia
Thurs	7:30-9:00pm	Emily

## Bellevue High School Girls Program

High School		
Mon	7:00-9:00pm	Mia & Cecelia