



FALL 2023 SCHEDULE | SEPTEMBER 5-DECEMBER 23

RECREATIONAL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30-12:00 Kiddie Cat Camp		9:30-12:00 Kiddie Cat Camp 10:45-11:30 Mini Cats	9:30-10:30 Preschool Open Gym 10:30-11:15 Tiny Cats 10:30-11:15 Mini Cats 10:30-11:30 Gym Cats 11:15-12:15 Homeschool	9:30-10:30 Gym Cats 9:45-10:30 Mini Cats 9:45-10:30 Tiny Cats 10:30-11:45 *Super Cats 1 10:30-11:30 ACRO/Tumbling
4:30-5:30 Gym Cats 5:00-6:15 *Super Cats 1 5:00-6:30 *Pre Team 5:30-6:15 Tiny Cats 5:30-6:15 Mini Cats 6:00-7:00 Tumble Cats 6:30-7:30 Boys Combo Cats 6:30-7:30 Gym Cats	4:30-5:30 Gym Cats 5:00-7:00 Wild Cats 5:45-6:30 Mini Cats 5:45-6:30 Tiny Cats 6:30-7:30 Gym Cats 6:30-7:45 *Super Cats 1 6:30-8:00 SILKS	4:30-5:30 Gym Cats 5:00-6:00 *Adv Mini Cats 5:00-6:00 Boys Combo Cats 5:30-6:15 Mini Cats 6:00-7:00 Gym Cats 6:00-7:15 *Super Cats 1 6:30-7:30 Gym Cats 6:15-7:45 *Super Cats 2 6:15-7:30 *Boys Adv Combo 7:00-8:00 Tumble Cats	5:00-6:30 *Pre Team 5:00-5:45 Tiny Cats 5:00-5:45 Mini Cats 5:00-6:00 *Adv Mini Cats 5:45-6:45 Gym Cats 5:45-7:30 *Super Cats 3 6:00-7:30 *Super Cats 2 6:30-8:00 SILKS	6:00-7:30 *Pre Team 5:30-7:30 Wild Cats 5:00-6:30 *Super Cats 2 6:30-7:30 Gym Cats	

* Classes that are INVITATION only (you must be evaluated BEFORE registering)

Monthly Lessons	Fee
Kiddie Cat Camp (Ages 3-6)	\$125
Tiny Cats (Ages 1-3)	\$75
Mini Cats (Ages 3-4)	\$75
Gym Cats (Ages 5-7, 8+)	\$80
Boys Combo Cats (Ages 4-6, 7+)	\$80
Tumble Cats (Ages 5-12)	\$80
ACRO/Tumbling	\$80
SILKS (Ages 10+)	\$100

both days

Monthly Lessons *Invite Only	Fee
Adv Mini Cats (Ages 3-6)	\$80
Boys Adv Combo (Ages 6+)	\$85
Super Cats 1 (Ages 6-12)	\$85
Super Cats 2 (Ages 6-12)	\$90
Super Cats 3 (Ages 6-12)	\$95
Pre Team (Ages 4-9) 2 Day	\$105
Wild Cats (Ages 8-14) 1 Day	\$100
Wild Cats (Ages 8-14) 2 Day	\$110

Drop In	Fee
Homeschool	\$10 first child \$7 add. child

SPECIAL EVENTS CLOSINGS MAKE UP
Open Gym Every 2nd and 4th Friday 7:30-9:00pm \$15
Preschool Open Gym Every Friday 9:30 -10:30am \$10
Gymnastics Closed Sep.4, Nov.23, Dec.24-31
Recreational Winter Camp Dec Dates TBA

SILKS

Katie Edel, Silks Instructor
theinversionco@gmail.com

CONTACT US

gymnastics@nooksports.com

ADDRESS

1901 Miller Rd East Petersburg, Pa 17520

ACADEMY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-7:30 Level 3 4:30-7:30 Level 5 4:30-7:30 Level 6/7 TOPS Beth 6:00-8:00 BOYS	4:30-6:00 Level 2 4:30-7:30 Level 4 4:30-6:30 Xcel Silver 4:30-7:30 Xcel Gold 4:30-7:30 Level 6/7/Plat TOPS Beth	4:30-7:30 Level 3 4:30-7:30 Level 5 6:00-8:00 BOYS	4:30-6:00 Level 2 4:30-7:30 Level 4 4:30-6:30 Xcel Silver 4:30-7:30 Xcel Gold 4:30-7:30 Level 6/7/Plat	4:30-7:30 Level 4 4:30-7:30 Level 5 4:30-7:30 Level 6/7	9:30-11:30 Level 2 9:30-1:30 Level 4 9:30-1:30 Level 5 11:00-2:00 Level 3

*Academy is Nook's competitive team. Athletes must be evaluated. Not open to public.



Mondays

- 4:15-4:45 Dance with Me (ages 1-3 with parent or caregiver)**
- 4:45-5:30 Petite Combo Class (ages 5-7)**
- 5:30-6:15 Junior Tap (ages 10-12)**
- 6:15-7:00 Junior Jazz (ages 10-12)**
- 7:00-8:00 Contemporary Partnering and Improvisation (ages 10+)**
- 8:00-9:00 Teen/Senior Hip Hop (ages 13-18)**

Tuesdays

- 4:15-4:45 Preschool Combo Class (ages 3-5)**
- 4:45-5:15 Preschool & Petite Hip Hop (ages 3-7)**
- 5:15-5:45 Mini Hip Hop (ages 7-9)**
- 5:45-6:15 Mini Contemporary (ages 7-9)**
- 6:15-6:45 Mini Ballet (ages 7-9)**
- 6:45-7:45 Beginner Ballet (ages 7-12)**
- 7:45-8:15 Flexibility & Technique (ages 7-12)**
- 8:15-9:00 Junior Contemporary (ages 10-12)**

Wednesdays

- 4:15-5:00 Junior Hip Hop (10-12)**
- 5:00-6:00 Modern (ages 10+)**
- 6:00-7:00 Teen/Senior Tap (ages 13-18)**
- 7:00-9:00 Advanced Ballet and Pointe (ages 13+ approval required)**

Thursdays

- 4:30-6:00 Intermediate Ballet and Pre-Pointe (ages 10+)**
- 6:00-7:00 Flexibility & Technique (ages 10+)**
- 7:00-8:00 Teen/Senior Jazz (ages 13-18)**
- 8:00-9:00 Teen/Senior Contemporary (ages 13-18)**

Fridays

- 4:30-5:00 Preschool Combo Class (ages 3-5)**
- 5:00-5:45 Petite Combo Class (ages 5-7)**
- 5:45-6:15 Special Needs Dance Class**
- 6:15-6:45 Mini Tap (ages 7-9)**
- 6:45-7:15 Mini Jazz (ages 7-9)**

Saturdays: Catalyst Dance Competition Team Rehearsals
Sundays: Catalyst Dance Company Rehearsals



Pricing for September 2023 - May 2024

- 30 mins per week - \$25 per month**
- 45 mins per week - \$37.50 per month**
- 1 hour per week - \$50 per month**
- 1.5 hours per week - \$75 per month**
- 2 hours per week - \$100 per month**

Drop In Fees Per Class

- 30 min class - \$8**
- 45 min class - \$12**
- 1 hour class - \$15**
- 1.5 hour class - \$20**
- 2 hour class - \$25**

Dance Director:

Nicole Monville-Ridgway
nicolepmonville@gmail.com

Register online at spookynooksports.com
LANCO Gymnastics and filter to Dance
or by emailing gymnastics@nooksports.com

You may also register in person at:
SPOOKY NOOK LANCO
1901 Miller Rd, East Petersburg, PA 17520

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