



2023-2024 RECREATIONAL CLASS & PAYMENT SCHEDULE

CAPITAL GYMNASTICS NATIONAL TRAINING CENTER * 10400 Premier Ct., Burke, VA 22015

703-239-0044 / www.capitalgymnasticsntc.com capitalgymnasticsntc@gmail.com

SESSION 1 AUGUST 28, 2023– OCTOBER 22, 2023

Payment Due when student is enrolled. / **CLOSED Monday, September 4 Please note you must schedule a make-up!**

Credit Cards charged on OCTOBER 10 for SESSION 2 payment *Notify office by OCTOBER 3 if not continuing

DAY	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	AUG 28	SEP 4 Closed	SEP 11	SEP 18	SEP 25	OCT 2	OCT 9	OCT 16
TUESDAY	AUG 29	SEP 5	SEP 12	SEP 19	SEP 26	OCT 3	OCT 10	OCT 17
WEDNESDAY	AUG 30	SEP 6	SEP 13	SEP 20	SEP 27	OCT 4	OCT 11	OCT 18
THURSDAY	AUG 31	SEP 7	SEP 14	SEP 21	SEP 28	OCT 5	OCT 12	OCT 19
FRIDAY	SEP 1	SEP 8	SEP 15	SEP 22	SEP 29	OCT 6	OCT 13	OCT 20
SATURDAY	SEP 2	SEP 9	SEP 16	SEP 23	SEP 30	OCT 7	OCT 14	OCT 21
SUNDAY	SEP 3	SEP 10	SEP 17	SEP 24	OCT 1	OCT 8	OCT 15	OCT 22

SESSION 2 OCTOBER 23, 2023– DECEMBER 23, 2023

Payment was made on OCTOBER 10 for Session 2. or when enrolled. **CLOSED: Nov 20 - 25 and Dec 24 – Jan 1**

***Credit cards are charged on DECEMBER 11 for Session 3 payment. Notify office by DECEMBER 4 if not continuing.**

DAY	Lesson 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	OCT 23	OCT 30	NOV 6	NOV 13	NOV 27	DEC 4	DEC 11	DEC 18
TUESDAY	OCT 24	OCT 31	NOV 7	NOV 14	NOV 28	DEC 5	DEC 12	DEC 19
WEDNESDAY	OCT 25	NOV 1	NOV 8	NOV 15	NOV 29	DEC 6	DEC 13	DEC 20
THURSDAY	OCT 26	NOV 2	NOV 9	NOV 16	NOV 30	DEC 7	DEC 14	DEC 21
FRIDAY	OCT 27	NOV 3	NOV 10	NOV 17	DEC 1	DEC 8	DEC 15	DEC 22
SATURDAY	OCT 28	NOV 4	NOV 11	NOV 18	DEC 2	DEC 9	DEC 16	DEC 23
SUNDAY	OCT 29	NOV 5	NOV 12	NOV 19	NOV 26	DEC 3	DEC 10	DEC 17

SESSION 3 JANUARY 2, 2024– FEBRUARY 26, 2024

Payment was made on DECEMBER 11 for Session 3. or when enrolled.

***Credit cards are charged on FEBRUARY 13 for Session 4 payment. Notify office by FEBRUARY 6 if not continuing**

DAY	Lesson 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	JAN 8	JAN 15	JAN 22	JAN 29	FEB 5	FEB 12	FEB 19	FEB 26
TUESDAY	JAN 2	JAN 9	JAN 16	JAN 23	JAN 30	FEB 6	FEB 13	FEB 20
WEDNESDAY	JAN 3	JAN 10	JAN 17	JAN 24	JAN 31	FEB 7	FEB 14	FEB 21
THURSDAY	JAN 4	JAN 11	JAN 18	JAN 25	FEB 1	FEB 8	FEB 15	FEB 22
FRIDAY	JAN 5	JAN 12	JAN 19	JAN 26	FEB 2	FEB 9	FEB 16	FEB 23
SATURDAY	JAN 6	JAN 13	JAN 20	JAN 27	FEB 3	FEB 10	FEB 17	FEB 24
SUNDAY	JAN 7	JAN 14	JAN 21	JAN 28	FEB 4	FEB 11	FEB 18	FEB 25

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SESSION 4 FEBRUARY 27, 2024 – APRIL 21, 2024

Payment was made FEBRUARY 13 or when student was enrolled. / **CLOSED SUNDAY, March 31, Please schedule a make up**

****Credit Cards charged on APRIL 9 for SESSION 5 payment *Notify office by APRIL 2 if not continuing****

DAY	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	MAR 4	MAR 11	MAR 18	MAR 25	APR 1	APR 8	APR 15	APR 22
TUESDAY	FEB 27	MAR 5	MAR 12	MAR 19	MAR 26	APR 2	APR 9	APR 16
WEDNESDAY	FEB 28	MAR 6	MAR 13	MAR 20	MAR 27	APR 3	APR 10	APR 17
THURSDAY	FEB 29	MAR 7	MAR 14	MAR 21	MAR 28	APR 4	APR 11	APR 18
FRIDAY	MAR 1	MAR 8	MAR 15	MAR 22	MAR 29	APR 5	APR 12	APR 19
SATURDAY	MAR 2	MAR 9	MAR 16	MAR 23	MAR 30	APR 6	APR 13	APR 20
SUNDAY	MAR 3	MAR 10	MAR 17	MAR 24	MAR 31 Closed	APR 7	APR 14	APR 21

SESSION 5 APRIL 23, 2024 – JUNE 17, 2024

Payment was made on APRIL 9 for Session 5 or when enrolled. / **CLOSED Monday MAY 27 Please schedule a make-up**

****Credit cards are charged on JUNE 4 for Session 6 payment. Notify office by MAY 28 if not continuing for the Summer Session 6***

DAY	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	APR 29	MAY 6	MAY 13	MAY 20	MAY 27 Closed	JUN 3	JUN 10	JUN 17
TUESDAY	APR 23	APR 30	MAY 7	MAY 14	MAY 21	MAY 28	JUN 4	JUN 11
WEDNESDAY	APR 24	MAY 1	MAY 8	MAY 15	MAY 22	MAY 29	JUN 5	JUN 12
THURSDAY	APR 25	MAY 2	MAY 9	MAY 16	MAY 23	MAY 30	JUN 6	JUN 13
FRIDAY	APR 26	MAY 3	MAY 10	MAY 17	MAY 24	MAY 31	JUN 7	JUN 14
SATURDAY	APR 27	MAY 4	MAY 11	MAY 18	MAY 25	JUN 1	JUN 8	JUN 15
SUNDAY	APR 28	MAY 5	MAY 12	MAY 19	MAY 26	JUN 2	JUN 9	JUN 16

SESSION 6 JUNE 18, 2024 – AUGUST 12, 2024

Payment was made on JUNE 6 for Session 6 or when enrolled. ****CLOSED Tuesday, JULY 4 Please schedule a make-up.**

****Credit cards are NOT automatically charged for SESSION 1 of the 2024-2025 New Season ; Everyone MUST re-enroll.***

DAY	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
MONDAY	JUN 24	JUL 1	JUL 8	JUL 15	JUL 22	JUL 29	AUG 5	AUG 12
TUESDAY	JUN 18	JUN 25	JUL 2	JUL 9	JUL 16	JUL 23	JUL 30	AUG 6
WEDNESDAY	JUN 19	JUN 26	JUL 3	JUL 10	JUL 17	JUL 24	JUL 31	AUG 7
THURSDAY	JUN 20	JUN 27	JUL 4 Closed	JUL 11	JUL 18	JUL 25	AUG 1	AUG 8
FRIDAY	JUN 21	JUN 28	JUL 5	JUL 12	JUL 19	JUL 26	AUG 2	AUG 9
SATURDAY	JUN 22	JUN 29	JUL 6	JUL 13	JUL 20	JUL 27	AUG 3	AUG 10
SUNDAY	JUN 23	JUN 30	JUL 7	JUL 14	JUL 21	JUL 28	AUG 4	AUG 11