

Winter Session 2018: January 8-March 24

School-Aged Classes

<u>Co-Ed Gymnastics</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FUNDamentals (K - 5th grade)	4:00 - 5:00pm	6:00 - 7:00pm	4:00 - 5:00pm			
Intro to Gymnastics (K - 6th grade)	4:00 - 5:00pm	6:00 - 7:00pm	4:00 - 5:00pm 6:30 - 7:30pm	4:00 - 5:00pm	4:30 - 5:30pm 5:30 - 6:30pm	11:00 - 12:00pm 12:00 - 1:00pm
Gymnastics Level 1 (K - 6th grade)	4:00 - 5:00pm	6:00 - 7:00pm	4:00 - 5:00pm 6:30 - 7:30pm	4:00 - 5:00pm	4:30 - 5:30pm	12:00 - 1:00pm
Gymnastics Level 2 (1st - 7th grade)	5:00 - 6:30pm		5:00 - 6:30pm	4:45 - 6:15pm		12:30 - 2:00pm
Gymnastics Level 3 (1st - 7th grade)	5:00 - 7:00pm			4:45 - 6:45pm		12:30 - 2:30pm
Developmental Skills Class (Level 2 and Up)		7:00 - 8:00pm				
Tween Gymnastics (All Levels) (10 - 14 yrs)		6:30 - 8:00pm				

Pricing:

45 min – 1 hr class for 11 wks: \$242 (\$22 per class)

1.5 hr – 1.75 hr class for 11 wks: \$286 (\$26 per class)

2 hr – 2.25 hr class for 11 wks: \$319 (\$29 per class)

Sibling Discount 20% off

Early Bird Discount 10% off must pay in full before 1/2

Registration Opens December 20th!

FUNDAMENTALS (K - 5th Grade): An open level, no assessment class tailored to student abilities and interests. The class will focus on 10 fundamental skills that are the basis for all gymnastic movements, while emphasizing the enjoyment of learning gymnastics. This is a no pressure class, perfect for students who want to work at their own pace with the support and guidance of an instructor.

INTRODUCTION TO GYMNASTICS (K - 6th Grade): This is a class developed for our first time gymnastics students AND students who have not yet tested into Gymnastics Level 1. **If you're not sure contact us to schedule a free assessment to ensure appropriate class placement.**

GYMNASTICS Levels 1, 2, and 3 (K - 7th Grade): A recreational program for boys and girls wanting to learn the fun of gymnastics! The kids work on developing skills on vault, bars, balance beam and floor exercise through a progressive and mindful curriculum. Assessment is done at the end of each session so coaches can see student's progress and placement cards are handed out so you know what to sign your child up for moving ahead. **Prerequisites: Placement into class by one of our instructors.**

DEVELOPMENTAL SKILLS CLASS (Level 2 and Up): Gymnastics requires an enormous amount of strength, flexibility and an understanding of key body shapes. While we incorporate these elements into all of our classes, we believe that additional time spent developing strength and correct shaping is invaluable to a gymnast's skill progression. It also plays a crucial role in injury prevention. The Developmental skills class is an opportunity for students to get a more concentrated strength workout while also giving them a chance to work on skills that they might not get to try during a regular class.

TWEEN GYMNASTICS (10 - 14 yrs): Stretch, strengthen and tumble in this open level class! A tween version of our adult gymnastics class, which allows students to work at their own level, get a work out & have a great time.

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<u>Boys ONLY</u> <u>Gymnastics</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boys Intro (K - 6th grade)		5:00 - 6:00pm				
Boys Level 1 (K - 6th grade)		5:00 - 6:00pm				
Boys Level 2 (K - 6th grade)		5:00 - 6:30pm				

BOYS LEVEL 1 (K - 6th Grade): Boys can be boys in this class! Learn the basics involved in men's gymnastics as they get exposure to rings, pommel horse and parallel bars as well as floor, vault and bars. Gain physical strength and confidence while getting out energy!
Prerequisites: Placement into class by one of our instructors.

BOYS LEVEL 2 (K - 6th Grade): For advancing boy students who want more challenge and a chance to advance in their skills. **Prerequisites: Placement into class by one of our instructors.**

AERIAL (K - 6th Grade): This class provides an introduction to aerial silks as students explore creative movement possibilities in the air! They will learn the basics skills of climbing, hangs, and locks all while flowing in flight.

NINJA TRAINING (6 - 12 yrs): Obstacle courses, games, jumping, running and balancing are just some of the physical challenges students will be exposed to in this class. Teamwork and cooperation are encouraged, as well as developing physical confidence.

FITNESS ABCs (K - 6th Grade): This class will use games, circuits and variety of high energy activities to expose kids to the ABC's of fitness...Agility, Balance, Coordination and Strength. Students will enhance their motor skills while also developing their cardiovascular endurance and overall strength.

MOVE YOUR BODY (K - 6th Grade): A dance class designed using basic movement vocabulary to allow students of every level to increase coordination, rhythm and joy of motion. The goal is for all to feel successful as dancers!

TWEEN FIT (10 - 14 yrs): A combination of gymnastics skill-building, aerial silks, and basic conditioning. Students will explore creative movement possibilities in the air while learning about climbs, hangs, locks, and wraps!

<u>Co-Ed</u> <u>Enrichment</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerial (K - 6th grade)			5:00 - 6:00pm			
Ninja Training (6 - 12 yrs)	6:30 - 7:30pm			4:00 - 5:00pm 5:00 - 6:00pm		
Fitness ABCs (K - 6th grade)	5:00 - 6:00pm					
Move Your Body (Dance) (K - 6th grade)		4:00 - 5:00pm				
Tween Fit (10 - 14 yrs)	7:00 - 8:00pm					

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