

**Winter Session 2018: January 8-March 24**

**Parent/Child Classes**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Baby Gymmers</b> (10 - 17 mos)	9:30 -10:15am	11:15 - 12:00pm				
<b>Lil' Tumblers 1</b> (15 - 24 mos)	9:30 -10:15am		9:30 - 10:15am	9:30 - 10:15am	9:15 - 10:00am	9:00 - 9:45am
<b>Lil' Movers &amp; Shakers</b> (18 - 36 mos)			10:00 - 10:45am	10:30 - 11:15am		
<b>Lil' Tumblers 2</b> (24 - 36 mos)	10:30 -11:15am		10:30 - 11:15am	11:30 -12:15pm	10:15 – 11:00am	10:00 - 10:45am

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

**Sibling Discount 20% off**

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

**Registration Opens December 20<sup>th</sup>!**

**BABY GYMMERS™ (10 – 17 mos)**

Our baby gym program is designed to promote muscle and brain stimulation via gross motor development activities. This class is full of lots of crawling, rolling, standing, walking, climbing and smiling!

**LIL' TUMBLERS I™ (15 – 24 mos)**

Designed for the first time play gym experience, this stimulating parent participation program introduces balancing, tumbling, hanging and agility skills in a fun open environment.

**LIL' MOVERS AND SHAKERS™ (18 – 36 mos)**

Try a mix of the Lil' Tumblers class with a longer circle time that includes dances, songs, rhythms and props.

**LIL' TUMBLERS II™ (24 – 36 mos)**

Self-reliance increases at this age. Similar to Lil' Tumblers I, however parental involvement gradually decreases as little ones are encouraged to participate in more structured activities.

Philly InMovement

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### Pre-School/Kinder

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mini Rollers</b> (3 - 4 yrs)		3:45 - 4:30pm	11:00 - 11:45am	3:30 - 4:15pm 6:00 - 6:45pm	11:15 – 12:00pm	10:45 - 11:30am
<b>Mini Kid Fit</b> (3 - 5 yrs)			11:30 - 12:15pm			
<b>Mini Gym Rompers</b> (3 - 5 yrs)		9:30 - 11:00am				
<b>Short Wheelers</b> (4 - 5 yrs)		3:45 - 4:30pm 4:15 - 5:00pm	11:00 - 11:45am 2:00 - 2:45pm	3:30 - 4:15pm 6:00 - 6:45pm	11:15 – 12:00pm	11:45 - 12:30pm

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**MINI ROLLERS™ (3 – 4 yrs):** This class is designed to help the first time drop-off student feel safe and comfortable. Strength, flexibility and agility are increased as the children are introduced to new gymnastics skills through warm-up and obstacle courses.

**MINI KID FIT (3 – 5 yrs):** Kids in this class will be on the move! Obstacle courses, games, basic ball skills, jumping, running and balancing are just some of the physical challenges children will be exposed to in this class. Social skills of kindness, teamwork and cooperation are encouraged.

**MINI GYM ROMPERS (3 – 5 yrs):** This 90 minute class allows for us to dive deeper into each week's preschool related theme through creative movement, games, gymnastics obstacles, prop exploration, story time and yoga. We will continuously switch activities in a structured style and intersperse quiet times as well. Expose your child to the benefits that physical activity has on to early child development and learning. Prepare your child for school as they listen and follow directions, sequence, problem solve, build confidence and gain independence. Sign your child up for class and see them GROW!

**SHORT WHEELERS™ (4 – 5 yrs):** An introduction to basic gymnastics that engages the preschooler through imagination, props and being silly. A comprehensive warm-up is followed by circuits and stations around the gym.

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### School-Aged Classes

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

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## Registration Opens December 20<sup>th</sup>!

**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.  
**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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### School-Aged Classes

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

**CLIMBING AND STUNTING (K - 6th Grade):** Climb, flip, and learn to stunt like you're in the movies! This class is perfect for students that want to explore movements and exercises outside of traditional gymnastics. Obstacles, jumping, running, and balancing are just some of the physical challenges students will be exposed to in this class.

**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!

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

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**Pricing:**

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### Invitation Only Classes

<b>Gymnastics</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Firecrackers</b> (K - 6th grade)		4:00 - 5:30pm				
<b>Hot Shots</b> (1st - 7th grade)	4:00 - 5:30pm					
<b>Mandatory Team: JO &amp; Pre-Team at Temple</b>			5:30 - 7:30pm			
<b>Pre-Team</b>	5:00 - 7:00pm	5:00 - 7:00pm				12:30 - 2:30pm
<b>Team: JO</b>	5:00 - 7:30pm	5:00 - 7:00pm			4:00 - 7:00pm	
<b>Team: Xcel</b>	5:00 - 7:00pm		5:30 - 7:30pm	4:45 - 6:45pm		

**Registration Opens December 20<sup>th</sup>!**

**Team Pricing:**

Xcel/Pre-Team: 2 practices a week: \$200/mo  
3 practices a week: \$240/mo

JO: 2 practices a week: \$230/mo  
3 practices a week: \$270/mo

**Class 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)  
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**Firecrackers**

This class is for students that have shown great physical potential and enthusiasm during our Intro and Gym 1 classes. The goal of the class is to fast-track students to our Gym 2 program, with the long term goal of continuing through our Gym 3 and Pre-Team classes. We *strongly recommend* that Firecrackers be taken in addition to a standard Intro or Gym 1 class.

**Hot Shots**

This is a supplementary class designed for students currently excelling in our Gym 2 and Gym 3 classes. Students must demonstrate focus, a solid foundation of strength and an enthusiasm for learning new skills. The skills focused on in the class will be those required for entry into our Pre-Team program.

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### MOVE After School

<u>Activity Options</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aerial</b> (K - 6th grade)			5:00 - 6:00pm		
<b>Ninja Training</b> (6 - 12 yrs)				4:00 - 5:00pm 5:00 - 6:00pm	
<b>Fitness ABCs</b> (K - 6th grade)	5:00 - 6:00pm				
<b>FUNDamentals</b> (K - 5th grade)	4:00 - 5:00pm		4:00 - 5:00pm		
<b>Move Your Body (Dance)</b> (K - 6th grade)		4:00 - 5:00pm			
<b>Intro to Gymnastics</b> (K - 6th grade)	4:00 - 5:00pm		4:00 - 5:00pm	4:00 - 5:00pm	4:30 - 5:30pm 5:30 - 6:30pm*
<b>Gymnastics Level 1</b> (K - 6th grade)	4:00 - 5:00pm		4:00 - 5:00pm	4:00 - 5:00pm	4:30 - 5:30pm 5:30 - 6:30pm*
<b>Gymnastics Level 2</b> (1st - 7th grade)	5:00 - 6:30pm*		5:00 - 6:30pm*	4:45 - 6:15pm*	
<b>Gymnastics Level 3</b> (1st - 7th grade)	5:00 - 7:00pm*			4:45 - 6:45pm*	
<b>Boys Intro</b> (K - 6th grade)		5:00 - 6:00pm			
<b>Boys Level 1</b> (K - 6th grade)		5:00 - 6:00pm			
<b>Boys Level 2</b> (K - 6th grade)		5:00 - 6:30pm*			
<b>Open Gym</b>					3:30 - 4:30pm

Pricing (includes pick up,  
class and after care):  
\$140 for 5 days: \$28/day  
\$120 for 4 days: \$30/day

\$90 for 3 days: \$30/day  
\$64 for 2 days: \$32/day  
\$36 for 1 day: \$36/day  
Sibling Discount: 20% Off

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\*To register for one of these classes as part of MOVE there is a fee of \$4 per additional half hour due to extended class time!

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### MOVE After School Activity Options

You may choose one of the following activities for each day that your child attends MOVE After School:

#### Monday

4:00-5:00pm: FUNdamentals, Intro or Gym 1

5:00-6:00pm: Fitness ABCs, Gym 2\* or Gym 3\*

#### Tuesday

4:00-5:00pm: Move Your Body

5:00-6:00pm: Boys Intro or Boys Level 1 or Boys Level 2\*

#### Wednesday

4:00-5:00pm: FUNdamentals, Intro or Gym 1

5:00-6:00pm: Aerial or Gym 2\*

#### Thursday

4:00-5:00pm: Ninja Training, Intro, Gym 1, Gym 2\*, or Gym 3\*

5:00-6:00pm: Ninja Training

#### Friday

4:00-5:00pm: Open Gym, Intro or Gym 1

5:00-6:00pm: Intro\* or Gym 1\*

**\*To register for one of these classes as part of MOVE there is a fee of \$4 per additional half hour due to extended class time!**

**As classes fill up we will make every effort to accommodate as many students as possible. If a class that you want to register for is full, add your name to the waitlist and if we are able to open a spot, we will contact you as soon as we can!**

#### WHAT IS THE MOVE AFTER SCHOOL PROGRAM?

Through "MOVE After School" we will be able to pick up children from **Meredith, McCall, and Nebinger**, walk them back to InMovement and provide them with attention, homework help and most importantly the physical stimulation they crave!

Each day of the week an engaging, energy filled movement class will be offered by our talented teachers, including Ninja Training, Aerial, Dance, Fitness ABCs and of course the option to advance through our many Gymnastics class offerings and Friday Open Gym opportunities.

#### HOW CAN YOU ENROLL IN MOVE AFTER SCHOOL?

You choose which days you would like to enroll and which classes to take. We pick up and head back to the studio to eat snack and have open gym. After, depending on class start time, little ones will either work on homework/play games or take class, then switch!

Organized into three sessions, you preregister through our website, over phone or in person for the day/s your child will attend for the entire session.

Pricing ranges from \$28-36 per day depending on the number of days you attend per week, with more of a discount the more days you attend.

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