

Summer Session 2018 Schedule: July 9 - August 25

Philly InMovement Queen Village: 500 Kenilworth Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/Child Classes					
					9:30 – 10:15 Lil' Tumblers 1/ Lil' Tumblers 2 (15 – 36 months)
Pre-School/Kinder Classes					
		4:00 – 4:45 Mini Rollers/ Short Wheelers (3 – 5 years)			10:30 – 11:15 Mini Rollers/ Short Wheelers (3 – 5 years)
School Aged Gymnastics Classes					
	4:30 – 5:30 Intro to Gymnastics/ Gymnastics 1 (K – 6 th grade)		4:00 – 6:00 Gymnastics 2/ Gymnastics 3 (K – 8 th grade)		11:30 – 12:30 Intro to Gymnastics/ Gymnastics 1 (K – 6 th grade)
	5:30 – 7:30 Gymnastics 2/ Gymnastics 3 (K – 8 th grade)		6:00 – 7:00 Intro to Gymnastics/ Gymnastics 1 (K – 6 th grade)		
Pre-team and Team Practice					
4:00 – 7:00 Pre-team Junior Olympic Xcel (Invitation Only)	4:00 – 6:30 Junior Olympic (Invitation Only)	4:00 – 6:30 Pre-team Xcel (Invitation Only)	4:00 – 6:30 Junior Olympic (Invitation Only)	Registration opens June 11! See back for class descriptions and pricing!	
	5:30 – 8:00 Pre-team Xcel (Invitation Only)	5:30 – 8:00 Junior Olympic (Invitation Only)	5:30 – 8:00 Pre-team Xcel (Invitation Only)		
Adult Classes					
7:30 – 9:00 Adult Tumbling (All levels) \$15 per class; \$50 for 4 classes			7:00 – 8:30 Adult Tumbling (All levels) \$15 per class; \$50 for 4 classes		

Mini InMovement Bella Vista: 610 S. Percy Street

Monday	Tuesday	Wednesday	Thursday	Friday
Parent/Child Classes				
	10:30 – 11:15 Lil' Tumblers 2 (24 – 36 months)	10:30 – 11:15 Lil' Movers and Shakers (18 – 36 months)	11:30 – 12:15 Lil' Tumblers 1/ Lil' Tumblers 2 (15 – 36 months)	
Pre-School/Kinder Classes				
4:30 – 5:15 Mini Rollers/ Short Wheelers (3 – 5 years)	4:30 – 5:15 Mini Ninjas (3 – 5 years)	5:00 – 5:45 Mini Rollers/ Short Wheelers (3 – 5 years)		11:30 – 12:15 Mini Rollers/ Short Wheelers (3 – 5 years)
School Aged Enrichment Classes				
			4:30 – 5:30 Ninja Training (K – 6 th grade)	

Class Descriptions

Parent/Child Classes	
Lil' Tumblers 1 (15 – 24 months)	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' Tumblers 2 (24 – 36 months)	Self-reliance increases at this age. Similar to Lil' Tumblers 1, however parental involvement gradually decreases as little ones are encouraged to participate in more structured activities.
Lil' Movers and Shakers (18 – 36 months)	Try a mix of the Lil' Tumblers class with a longer circle time that includes dances, songs, rhythms and props.

Pre-school/Kinder Classes	
Mini Rollers (3 – 4 years)	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 gymnastics skills through warm-up and obstacle courses.
Short Wheelers (4 – 5 years)	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.
Mini Ninjas (3 – 5 years)	Adapted from our School Aged Ninja Training class, kids will work on balance, coordination, and teamwork through various obstacle courses and games. This class is based in gymnastics but primarily focused on developing physical confidence and cooperation.

School Aged Gymnastics Classes	
Intro to Gymnastics (K – 6 th grade)	This is a class developed for our first-time gymnastics students <u>AND</u> students who have not yet tested into Gymnastics 1. If you're not sure contact us to schedule a free assessment.
Gymnastics 1, 2, and 3 (K – 6 th 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. Prerequisite: placement into class by one of our instructors. *If your gymnast has prior gymnastics experience, please contact us to schedule a free assessment to ensure appropriate class placement*

School Aged Enrichment Classes	
Ninja Training (K – 6 th grade)	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.

Pre-team and Team	
Pre-team (Invitation only)	The pre-team program is designed to prepare excelling Gym 3 students for the transition to our competitive team. The girls invited to pre-team have displayed a strong work ethic, natural ability and an eagerness to learn new skills. The practices are very similar to Gym 3, although they introduce more dance elements and begin to put their skills in the context of a routine. Pre-team athletes are also required to practice twice a week.
Xcel (Invitation only)	Xcel is an alternative USAG program that makes competing more accessible to the gymnast. In this program, gymnasts compete individualized routines that allow them to perform to their strengths. This differs from the Junior Olympic program because a gymnast can substitute a skill that is troublesome for a different skill of the same value.
Junior Olympic (Invitation only)	The USAG competitive team at InMovement consists of Level 3, Level 4, and Level 5 gymnasts. They participate in 4-5 meets between December and April, where they compete the Junior Olympic Compulsory Routines. All of our team athletes have shown discipline, internal motivation, a desire to compete and an overall love for gymnastics. Team practices have a heavier focus on conditioning and routines than practices for Gym 3 and pre-team.

Adult Classes	
Adult Tumbling (All levels)	Basic through intermediate gymnastics skills will be introduced in a progressive manner, depending on individual needs. Rolls, cartwheels, round-offs, walkovers, front and back handsprings are some of the skills that will be explored. Work within your level and feel comfortable every step of the way. Beginners welcome. Experienced gymnast, looking for the perfect place to hone your tumbling skills? This class is your answer!

Class Pricing (7 Week Session)	
45 minute – 1 hour class	\$154
1.5 hour – 1.75 hour class	\$182
2 hour – 2.25 hour class	\$203

Discounts
Early Bird Discount: 10% off when you pay in full by 7/2
Sibling Discount: 20% off second child
Multiple Class Discount: 20% off both classes when you sign up for more than one class per child

Questions?
info@phillyinmovement.com
phillyinmovement.com
Queen Village: (267) 239 0844
Bella Vista: (215) 238 2180

Philly InMovement Queen Village
500 Kenilworth St.
Philadelphia, PA 19147

Mini InMovement Bella Vista
610 S. Percy St.
Philadelphia, PA 19147