

## Summer Session 2019 Class Schedule: July 8 - August 3 AND August 5 - 31

Philly InMovement Queen Village  
500 Kenilworth Street

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

Mini InMovement Bella Vista  
610 S. Percy Street

Monday	Tuesday	Wednesday	Thursday
<b>Parent/Child Classes</b>			
<b>Pre-School/Kinder Classes</b>			
4:30 – 5:15 <b>Mini Rollers/ Short Wheelers</b> (3 – 5 years)	4:30 – 5:15 <b>Mini Ninjas</b> (3 – 5 years)	5:00 – 5:45 <b>Mini Rollers/ Short Wheelers</b> (3 – 5 years)	
<b>School Aged Enrichment Classes</b>			
			4:30 – 5:30 <b>Ninja Training</b> (K – 6 <sup>th</sup> grade)

# Class Descriptions

Parent/Child Classes	
<b>Lil' Tumblers 1</b> (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.
<b>Lil' Tumblers 2</b> (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.

Pre-school/Kinder Classes	
<b>Mini Rollers</b> (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.
<b>Short Wheelers</b> (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.
<b>Mini Ninjas</b> (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	
<b>FUNDamentals</b> (K – 6 <sup>th</sup> 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. FUNDamentals class placement is based on age and not ability.
<b>Intro to Gymnastics</b> (K – 6 <sup>th</sup> grade)	This is a class developed for our first-time gymnastics students <u>AND</u> students who have not yet tested into Gymnastics 1. <b>If you're not sure contact us to schedule a free assessment.</b>
<b>Gymnastics 1, 2, and 3</b> (K – 6 <sup>th</sup> 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. <b>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*</b>
<b>Hot Shots/Firecrackers</b> (Invitation Only)	Fast Track is designed in an effort to progress students who have demonstrated exceptional skill progression, strength and work ethic, to our Team at an accelerated pace. The program consists of three, invitation only classes: Sparklers (Short Wheelers), Firecrackers (Intro/Gym 1) or Hot Shots (Gym 2/Gym 3). These classes are structured slightly differently than a regular class in order to allow for a greater focus on the specific skills each child needs to advance, while also providing additional practice time. These classes are supplementary to our leveled classes and we do recommend kids enroll in both a leveled class and a fast track class.

School Aged Enrichment Classes	
<b>Aerial Circus</b> (K – 6 <sup>th</sup> 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. Trapeze, silks, lyra, flexibility work and more...
<b>Ninja Training</b> (K – 6 <sup>th</sup> 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	
<b>Pre-Team</b> (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.
<b>Xcel Silver/Gold</b> (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.
<b>Junior Olympic</b> (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	
<b>Adult Tumbling</b> (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!
<b>Adult Aerial Circus</b> (All Levels)	Open to all levels, this class provides an introduction to aerial silks as students explore creative movement possibilities in the air! Learn the basics skills of climbing, hangs, and locks all while flowing in flight. Trapeze, silks, lyra, flexibility work and more...

Class Pricing (Per 4 Week Session)	
45 minute – 1 hour class	\$88
1.5 hour – 1.75 hour class	\$104
2 hour – 2.25 hour class	\$116

**Discounts**

**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?**

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phillyinmovement.com

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**Bella Vista:** (215) 238 2180

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