



SUMMER CLASSES 2017

JUNE 12TH – AUGUST 11TH

Enrollment starts NOW and is available at any time throughout the summer!

GYMNASTICS & CHEERLEADING CLASSES	
Black – Back Gym, Purple – Front Gym	
Monday	Tuesday
4:30-6:30 Tots Too/ Pre Team (by invitation)	11:00-11:45 am Toddlers (17 months to 3 year olds)
5:00-6:00 Tiny Tots (3 and 4 year olds)	5:00-6:00 Tots/Tiny Tots (3 to 6 year olds)
5:00-6:00 Tots (5 and 6 year olds)	5:00-6:00 Older Girls/Boys (7 & Older)
6:10-7:10 Tumbling(4-6 years)	5:00-7:00 2 Hour Older Girls/Boys (7 & Older)
6:10-7:10 Tots/Tiny Tots (3 to 6 year olds)	5:10-5:55 Toddlers (17 months to 3 year olds)
6:10-7:10 Older Girls/Boys (7 & older)	6:10-7:10 Tiny Tots (3 and 4 year olds)
6:15-7:00 Toddlers (17 months to 3 year olds)	6:10-7:10 Tots (5 and 6 year olds)
7:10-8:10 Cheernastics I & II (4 and Older)	7:20-8:20 Tumbling (7 & Older)
8:00-9:00 Open Gym (10 & Older)	8:00-9:00 Open Gym (10 & Older)
Thursday	Saturday/Sunday
4:30-6:30 Pre Team (by Invitation)	Birthday parties available
6:00-7:00 Tumbling (4-6 years)	*If you have a group of 10 or more children, playtime is available upon request
7:00-8:00 Tumbling(7 & Older)	

Stay tuned for our summer **DANCE** and **ADULT** class schedules which will be released very soon!

All prices listed below are for 4 weeks of classes			
Number of Classes per week	Cost per 4 wks	Number of Classes per week	Cost per 4 wks
30 Minute Class	\$37.37	One 45 Minute & One 30 Minute Class	\$70.40
45 Minute Class	\$47.98	Two 45 Minute Classes	\$75.25
1 Hour Class	\$53.03	*One 2 hour class & One 1 hour class	\$110.49
90 Minute Class	\$75.25	*One 1 hour class & One 45 Minute Class	\$81.81
Two Hour Class	\$84.84	*One 90 minute class & One 1 Hour Class	\$107.06
Open Gym – Members (per visit)	\$ 4.00	*Pre-Team	\$126.25
Open Gym – Non-Members (per visit)	\$ 8.00	*Three 1 Hour Classes	\$110.49

Summer classes run June 12th through August 11th for a total of nine weeks of classes. You are required to pay for a minimum of four classes over the summer, which is payable the first day of class. The second tuition payment will be due the week of July 10th and will be based upon the number of classes you have taken and will take through the remainder of the summer. You may start at any time during the summer; if you start later in the summer your tuition will be prorated. Make-up classes are available throughout the summer, but are not required.

Discounts for siblings taking classes: 20% off a second child and 50% off any additional siblings taking class. These discounts are applied toward the lower priced class. Please ask for more information.

***Discounts for the same child taking additional classes:** Discounts are included in the prices for a child who takes multiple classes. If you don't see the tuition above for the combination you are interested in, please contact the office.

Register for summer classes by enrolling online, at the gym, or contacting the office via email or telephone.

GYMNASTICS

TODDLERS: For children 18 months to 3 ½ years old (and an adult). These forty-five minute classes focus on basic movement, body awareness, and fundamental motor skills through the creative structuring of the class and activities. Rhythmic activities, music, obstacle courses, balls, shapes and colors are among the themes used during class. The goal of this class is to offer a fun activity for parents to do with their little ones while helping them with basic developmental skills and allowing them to interact with other children in a more structured environment.

TINY TOTS: For children ages 3 and 4. During class, our staff works to stimulate the children's creativity while developing fundamental gymnastics skills through introductory activities on the balance beam, bars, floor and tumble track. The goal of this class is developing fundamental motor skills, coordination, strength, balance, body awareness and flexibility.

TOTS: For children ages 5 and 6. This class is an expansion of the Tiny Tot program (see above description). The goal of this class is additional emphasis on the development of the child's gymnastics skill as is appropriate for their age and additional emphasis on technique.

OLDER GIRLS & BOYS: For children ages 7 and up. This class is for beginner through intermediate levels. There will be instruction on balance beam, uneven bars, floor exercise, Tumbl Trak, and vault. The goal of this class is to introduce new students to gymnastics and to keep children who have been doing gymnastics progressing. Instruction is modified to meet the children's growing maturity while still keeping it fun.

TWO-HOUR-OLDER GIRLS & BOYS: For children ages 7 and up. This two-hour class is designed for beginner to advanced intermediate children who are interested in taking a longer class, which provides opportunity to learn more gymnastics skills on floor, balance beam, uneven bars, and vault. The goal of this class is advancing progression by offering longer rotations and an introduction to strength and flexibility conditioning. We also strive to keep this class fun and welcome children who enjoy a longer class.

CHEERLEADING & TUMBLING

CHEERNASTICS I & II: For boys and girls ages 4 and up. This class is for children who are interested in learning about the sport of cheerleading. The classes will consist of basic tumbling on floor and Tumbl Trak, as well as partner stunts/pyramids and motions. Instruction will be appropriate for the ages of the children and class size.

TUMBLING: For boys and girls ages 7 and older. Perfect for older boys who would like to concentrate on tumbling skills, those taking acro who want more tumbling instruction and those who just enjoy tumbling! Tumbling instruction will be aided by use of our spring floor and Tumbl Trak. Strength training needed for more advanced tumbling is also included in this class.

TUMBLING: For boys and girls ages 4 to 6 years old. This class will focus on the basics and necessities for high level skills. This includes primarily working on their forward rolls, backward rolls, handstands, cartwheels, and bridges. This class will also focus on conditioning their skills and building muscles to make their tumbling goals easier to obtain. These skills can be taken to both cheerleading and gymnastics classes beyond this tumbling class.

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