

## Registration Dates

Member Registration: **October 5**  
Non-Member Registration: **October 12**

## Fall II Session: 8 Weeks | Oct 26-Dec 19

### Membership Guide:

45 Mins | F: \$130 | M: \$185 | N: \$265  
60 Mins | F: \$145 | M: \$206 | N: \$294  
90 Mins | F: \$203 | M: \$288 | N: \$412

### OPEN GYM 60 min Rate F: \$5 | M: \$10 | NM: \$15 90 min Rate: F: \$8 | M: \$15 | NM: \$23

\*Supervised, unstructured time in the gym!

| Ages 0-7 60 min | All Ages 60 min | Ages 8+ 90 min |
|-----------------|-----------------|----------------|
| Mon: 11:00am    | Mon: 2:00pm     | Sun: 5:00pm    |
| Tue: 11:00am    | Tue: 2:00pm     |                |
| Wed: 11:00am    | Wed: 2:00pm     |                |
| Thu: 9:00am     | Thu: 2:00pm     |                |
| Fri: 11:00am    | Fri: 2:00pm     |                |
| Sun: 9:00am     |                 |                |

### TINY TUMBLERS 45 MINS | 18 MON-2 YEARS OLD

\*Active parent/guardian participation is required

|                        |
|------------------------|
| Mon: 10:00am           |
| Wed: 9:00am            |
| Fri: 9:00am            |
| Sat: 10:00am   11:00am |
| Sun: 10:20am           |

### RISEING STAR 45 MINS | 2-3 YEARS OLD

\*Active parent/guardian participation is required

|                       |
|-----------------------|
| Tue: 10:00am          |
| Fri: 10:00am          |
| Sat: 9:00am   11:00am |
| Sun: 11:15am          |

### SHOOTING STARS 45 MINS | 3-4 YEARS OLD

\*Independent class, child must be able to separate from parent/guardian

|                        |
|------------------------|
| Mon: 9:00am            |
| Tue: 9:00am            |
| Wed: 10:00am   3:30pm  |
| Fri: 9:00am            |
| Sat: 9:00am   10:00am  |
| Sun: 10:20am   11:15am |

### BEGINNER 60 MINS | 4-5 YEARS OLD

|                                  |
|----------------------------------|
| Mon: 1:00pm                      |
| Tue: 3:30pm   4:40pm             |
| Wed: 12:00pm   5:30pm            |
| Thu: 3:30pm   5:30pm             |
| Fri: 10:00am                     |
| Sat: 10:30am   11:40am   12:50pm |
| Sun: 10:30am   12:10pm           |

### BEGINNER 60 MINS | 6-8 YEARS OLD

|              |
|--------------|
| Tue: 4:40pm  |
| Wed: 3:30pm  |
| Sat: 12:10pm |
| Sun: 12:20pm |

### BEGINNER 60 MINS | 9-13 YEARS OLD

|              |
|--------------|
| Wed: 5:50pm  |
| Sat: 12:00pm |
| Sun: 12:10pm |

### INTERMEDIATE 60 MINS | 4-5 YEARS OLD

|                                 |
|---------------------------------|
| Tue: 3:30pm                     |
| Wed: 4:20pm                     |
| Thu: 4:20pm                     |
| Sat: 9:20am   11:40am   12:50pm |
| Sun: 11:40am                    |

### INTERMEDIATE 60 MINS | 6-8 YEARS OLD

|                                 |
|---------------------------------|
| Mon: 3:30pm                     |
| Tue: 3:30pm   5:50pm            |
| Wed: 4:20pm                     |
| Thu: 4:40pm                     |
| Sat: 9:20am   11:00am   12:10pm |
| Sun: 10:30am   12:50pm          |

### INTERMEDIATE 60 MINS | 9-13 YEARS OLD

|              |
|--------------|
| Tue: 5:50pm  |
| Sat: 12:50pm |
| Sun: 12:30pm |

### ADVANCED 90 MINS | 4-5 YEARS OLD

|              |
|--------------|
| Tue: 3:30pm  |
| Sun: 11:40am |

### ADVANCED 90 MINS | 6-8 YEARS OLD

|              |
|--------------|
| Mon: 4:40pm  |
| Tue: 4:10pm  |
| Wed: 3:30pm  |
| Thu: 5:10pm  |
| Sat: 9:30am  |
| Sun: 11:40am |

### ADVANCED 90 MINS | 8-13 YEARS OLD

|              |
|--------------|
| Wed: 5:30pm  |
| Thu: 4:00pm  |
| Sat: 11:15am |
| Sun: 10:30am |

### DAYTIME GYMNASTICS 60 MINS

|             |
|-------------|
| Wed: 1:00pm |
|-------------|

### BEGINNER TUMBLE 60 MINS | 6-12 YEARS OLD

|              |
|--------------|
| Thu: 4:00pm  |
| Sat: 10:30am |

### INTERMEDIATE TUMBLE 60 MINS | 6-12 YEARS OLD

|              |
|--------------|
| Tue: 4:40pm  |
| Wed: 5:10pm  |
| Sat: 11:40am |
| Sun: 11:10am |

### BACKHAND SPRING MANIA 60 MINS | 6-12 YEARS OLD

|              |
|--------------|
| Tue: 5:50pm  |
| Thu: 4:30pm  |
| Sat: 12:00pm |

### ADVANCED TUMBLE 60 MINS | 6-12 YEARS OLD

|             |
|-------------|
| Thu: 5:40pm |
|-------------|

### BARS STAR 45 MINS | 4-6 YEARS OLD

|              |
|--------------|
| Sat: 11:15am |
|--------------|

### JR. YOUTH OBSTACLE 60 MINS | 4-6 YEARS OLD

|             |
|-------------|
| Fri: 3:30pm |
|-------------|

### YOUTH OBSTACLE 60 MINS | 7-12 YEARS OLD

|             |
|-------------|
| Fri: 4:40pm |
|-------------|

### BALLET 45 MINS | 3-5 YEARS OLD

|              |
|--------------|
| Mon: 12:15pm |
|--------------|

### CREATIVE MOVEMENT 30 MINS | 3-5 YEARS OLD

|             |
|-------------|
| Mon: 1:00pm |
|-------------|

### HOLIDAY HOURS

**Monday, 11/26 - Closed**  
**Friday, 12/4 - Closed**  
**Saturday, 12/5 - Closed**

Due to a home gymnastics meet, Friday classes will prorated to reflect a 7-week session and a makeup class for Saturday will be held on Dec 26th.

Please note: Thursday classes will be prorated to reflect a 7-week session due to Thanksgiving (Nov 26<sup>th</sup>). There will be no classes on Friday, Dec 4<sup>th</sup> and Saturday, Dec 5<sup>th</sup>.

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**CLASS DESCRIPTIONS****Tiny Tumblers | 45 Minutes**

This is a semi-structure parent/child class where children will begin to learn the basics of gymnastics while improving motor skills and coordination. Our staff will assist in spotting and ensure safety of all participants. Active parent participation is required.

**Rising Stars | 45 Minutes**

This is a structured parent/child class where children will learn the basics of gymnastics alongside listening and following instructions. This class is meant to transition children into an independent class, so they must be willing to stay with the group. Active parent participation is required.

**Shooting Stars | 45 Minutes**

This is a structured class where children will be introduced to basic gymnastics. They will utilize obstacle courses and circuits that include balance beams, bars, and tumble track. Children must be able to separate from their parents/guardians and stay with the group. Parents are not allowed in the gym for this class.

**Beginner Gymnastics | 60 Minutes**

This is a structured class where children will learn the basics fundamentals of gymnastics. Instructors will focus on proper technique for forward rolls, backward rolls, handstands, and cartwheels along with beginner skills on balance beam, bars, and tumble track. Children must be able to separate from their parents. No gymnastics experience is required.

**Intermediate Gymnastics | 60 Minutes**

This is a structured class where children will learn new gymnastics skills, including backbends, round-offs, and kickovers on floor. Children should be confident with chin up pull-overs, casting on bars, and walking on high beams.

**Advanced Gymnastics | 90 Minutes**

This is a structured class where children will learn new skills such as back handsprings, back hip circles, and handstands on the low beam. There is a greater emphasis on perfecting technique and adding power to existing skills. Children must be recommended for Advanced Gymnastics. Athletes new to our program can schedule an evaluation for advanced classes.

**Day Time Gymnastics | 60 Minutes**

This is a structured progressive class where your child will learn new gymnastics skills. It is geared towards anyone who is home schooled due to the time of the offering.

**Youth Obstacle/Jr. Youth Obstacle | 60 Minutes**

This is a structured class where the children will be mastering obstacles while using the traverse wall, cargo net, and ropes.

**Bars Stars | 45 Minutes**

This is a structured class that focuses solely on improving chin up pullovers, casts, and back hip circles on bars. In addition to breaking down these skills in detail, coaches will lead children in upper body conditioning so they can gain the strength to do these skills independently.

**Beginner Tumble | 60 Minutes**

This is a structured class that allows children to focus on basic tumbling including handstands, cartwheels, bridges and rolls. No tumbling experience is required.

**Intermediate Tumble | 60 Minutes**

This is a structured class for children who have some tumbling experience and want to focus on skills such as roundoffs, backbends, kickovers, and walkovers.

**Back Handspring Mania | 60 Minutes**

This is a structured class where children with some tumbling experience will focus on back handsprings and back handspring drills. Instructors will focus on proper technique for learning and mastering back handsprings.

**Advanced Tumble | 60 Minutes**

This is a structured class for children who have extensive tumbling experience and want to focus on series and roundoff back handsprings, along with front and back tucks. Children must be recommended for Advanced Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for Advanced Tumble.

**Ballet | 45 Minutes** (Located in the Fitness Studio in Main Y Building)

Your little dancers will participate in a structured class that will work on developing coordination, listening skills, and flexibility through ballet dance and movement.

**Creative Movement | 30 Minutes** (Fitness Studio in Main Building)

Your little dancers will participate in a structured class that incorporates movement based games to develop balance and coordination while teaching introductory dance steps.

**CONTACT INFORMATION****Gymnastics Welcome Center:**

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Director of Competitive Gymnastics

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**GYMNASTICS APPAREL**

Gymnastics apparel is available for sale at the Welcome Center Desk. A leotard is recommended for girls and shorts and a tucked in t-shirt for boys. Mid-drifts are not allowed. All children must have bare feet and their hair pulled off of their face. No jewelry is allowed in the gym.

**CANCELLATION POLICY**

A request of cancellation form must be filled out at the Gymnastics Welcome Center before the start of the 2<sup>nd</sup> class to be eligible for a refund or credit.

Scan to Register

