



SUMMER 2019 SCHEDULE – Begins June 10th

(Gym Closures: July 1st - 5th & August 26th – September 2nd)

	Monday	Tuesday	Wednesday	Thursday	Express Happy Hour: 3:30 & 3:45 CLASSES – ONLY \$60 per month	
10:30-11:45	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym		
12:00		*Preschool	*Preschool			
3:30	*Preschool Basic 1 Basic 2	*Preschool Basic 1 Basic 2 Back Handspring/Series	*Preschool Basic 1 Basic 2	*Preschool Basic 1 Basic 2 Back Handspring/Series	Costs: \$65 per month - Preschool \$75 per month - Tumble Classes \$35 yearly registration fee (\$70 max per family) 10% Sibling Discount	Class Lengths: 55 minutes, once a week *45 minutes, once a week Class Ratios: *Preschool 6-8:1 Tumble Classes 8-11:1
4:30	Basic 1 Basic 2 Back Handspring/Series	*Preschool Basic 1 Basic 2 Back Handspring/Series Layout/Twist	Basic 1 Basic 2 Back Handspring/Series	Basic 1 Basic 2 Back Handspring/Series Layout/Twist		
5:30	PRIVATE Tuck Layout/Twist	Back Handspring/Series Tuck Stunt	Back Handspring/Series Tuck Jumps	Basic 1-2 Tuck Stunt	“All Class Pass” June 10th – August 22nd (Closed July 1st - 5th) * ONLY \$300 10 weeks of UNLIMITED CLASSES in your level!!! Students must be evaluated to register for the pass. Jumps & Open Gym Included Team Members - \$250 (Includes Stunt/Jumps/Open Gym)	MEET OUR STAFF: Jay Paul Ashley Chris S Colton Jason Amy
6:30	BHS/Series TEAM 6:30-8:30	Tuck TEAM 6:30-8:30	Layout/Twist TEAM 6:30-8:30	PRIVATE TEAM 6:30-8:30		WE NOW OFFER THREE OPTIONS FOR BIRTHDAY PARTIES ON SATURDAYS! 10:00 - 11:30 AM 12:00 - 1:30 PM 2:00 - 3:30 PM The cost is \$250 payable at the time of booking.
7:30	OPEN GYM 7:30-9:00	OPEN GYM 7:30-9:00	OPEN GYM 7:30-9:00	OPEN GYM 7:30-9:00		



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CLASS DESCRIPTIONS & ABBREVIATIONS

PRESCHOOL - 45 minutes - \$65 per month (3-5 years old)

Our preschool/tiny tumblers program is a fun, high-energy movement and motor skill development program designed to help children cultivate their gross motor, visual motor, and social skills in a non-competitive atmosphere. Using gymnastics as our basis, we engage children in activities that encourage balance and vestibular stimulation. Children are recognized for their individuality and are encouraged to have fun as they build skills.

BASIC 1 TUMBLE CLASS - 55 minutes - \$75 per month

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic tumbling skills includes: forward & backward roll, handstand, cartwheels, round-off, tick tocks, front limber, and back-bend kick-over.

BASIC 2 TUMBLE CLASS - 55 minutes - \$75 per month

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Tumbling skills includes: strong round-off, back and front walkovers, cartwheel back walkover, and a **strong** handstand.

BACK HANDSPRING CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** round-off with a rebound, proper cartwheel, and back-bend kick over/back walkover. To exit this class a student must perform a strong standing back handspring, and round-off back handspring.

SERIES CLASS- 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing and **strong** round-off back handspring. To exit this class a student must perform a strong standing series, front walkover round-off back handspring and running round-off back handspring series. A series is three or more back handsprings in a row.

TUCK CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing back handspring series, front walkover round-off back handspring and running round-off back handspring series. To exit this class a student must be working on a standing back tuck and be able to perform a punch front, standing series to a back tuck and round off back handspring series to a back tuck.

LAYOUT CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing back handspring to a back tuck, a punch front and a round-off back handspring series to a back tuck. To exit this class a student must perform a layout, standing back tuck and three back handsprings to layout.

TWIST CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are a standing back tuck, a layout and standing three back handsprings to a layout. In this class athlete's will be introduced to round-off back handspring to a full and specialty passes with twisting.