



FALL CLASS DESCRIPTIONS AND SCHEDULE



****Membership Fee is required to participate in all classes. \$85 per family OR \$50 single participant/per year.****

Prices are monthly, and for one class per week unless otherwise noted. Payment for classes is expected at the beginning of each month upon your arrival for class. If you do not attend the whole month, then Flex-Pay pricing is in effect. Discounted pricing will be given to those who pay by the 5th of each month. If payment is not received by the 5th, then the full class price will be assessed and expected at time of payment. If payment is not received before the beginning of the third class, your child will not be allowed to participate in class. Please call or email ahead of time if a class will be missed, as it will allow you a make-up during another class time. Failure to call or email will result in forfeiture of the missed class. There are no refunds for missed classes.

Classes that are 30 minutes long are \$54/month or Flex-pay \$15/class. \$51.30/month if paid by the 5th.

Classes that are 45 minutes long are \$70/month or Flex-pay \$18/class. \$66.50/month if paid by the 5th.

Classes that are 60 minutes long are \$86/month or Flex-pay \$23/class. \$81.70/month if paid by the 5th.

GYMNASTICS

Lil' Lizards (ages 2-4) – Gymnastics class, 30 minutes. Adult AND child will work together and focus on basic skills, terminology, coordination, listening skills, and social interaction. \$54 per month. Offered Mon 3:30PM, Wed 5:45PM

Growlers (ages 3-5) – Gymnastics class, 30 minutes. Class will focus on basic skills, terminology, coordination, listening skills, and social interaction. \$54 per month. Offered Mon 4:00PM, Tues 5:40PM, Wed 4:20PM, Thurs 4:00PM, 5:30PM, Sat 9:00AM

Super G (ages 5-6) – Class is 45 minutes long. Class focus is on basic skills, terminology, correct technique, coordination, listening skills, and social interaction. \$70 per month. Offered Mon 5:30PM, Tues 4:45PM, 6:15PM, Wed 5:00PM, Thurs 4:45PM, Fri 3:45PM, Sat 9:35AM

TENacious G (ages 6-12) – Classes are 60 minutes long. Focus will be on skill knowledge, balance, strength, and flexibility. Use of power and agility come into play along with coordination, and body awareness. Continued work on building self-esteem and social interaction skills. \$86 per month. Offered Mon 4:30PM, 6:15pm, Tues 4:00PM, Wed 4:45PM, 6:20PM, Thurs 4:00PM, 6:15PM, Sat 10:30AM

Boys Class (ages 6-12) – Class is 45 minutes long. Focus will be on skill knowledge, balance, lots of strength, and some flexibility. Use of power and agility come into play along with coordination, and body awareness. Work on building self-esteem and social interaction skills. \$70 per month. Offered Wed 4:45PM

Homeschool Y (ages 5-6) – Classes are 45 minutes long. Focus will be on coordination, balance, strength, flexibility, and body awareness. Building self-esteem and social interaction skills are incorporated as well. \$60 per month. Offered Wed 1:30PM

Homeschool O (ages 7-12) – Classes are 60 minutes long. Focus will be on coordination, balance, strength, flexibility, and body awareness. Building self-esteem and social interaction skills are incorporated as well. \$75 per month. Offered Tues 1:30PM, Thurs 1:30PM

GYMNASTICS cont'd

Advanced Work-Out (ages 12-18) – Classes are 90 minutes long. Class offered to former team gymnasts who do not wish to compete, but want to stay in shape and work skills. Class will consist of flexibility, strength, muscle toning, cardio, as well as event work. \$102 per month. Offered Thurs 6:15PM

CHEER/TUMBLING

Tumbling (ages 6-18) – open to boys and girls, 45 minutes long. Class will focus on basic tumbling skills and good technique, as well as the needs of the participants. Generally, front and back handsprings and front and back tucks. \$70 per month. Offered Wed 3:45PM

Back Handspring Training (ages 7-18) – open to boys and girls, 30 minutes long. Class will focus on learning how to do a back handspring safely and with good technique, through drills and conditioning. \$54 per month. Offered Wed 6:30PM

Strength and Flexibility (ages 6-18) – Classes are 45 minutes. Designed to help increase muscle tone and flexibility, with some cardio as well. \$70 per month. Offered Wed 7:00PM

JUDO/JIU-JITSU

Tot Judo (ages 4-5) – Judo class, 30 minutes. Children learn the basics of Judo, terminology, coordination, listening skills, and social interaction. \$54 per month for one day, both days \$70 per month. Offered Mon 6:00PM, Wed 6:00PM (moving to 5:30PM in Sept).

Kids/Adults – Combination of Judo and Jiu-jitsu are offered. Coed. Kids (ages 6-13) and Adults (14+) classes are 60 minutes long. Kids and adults may attend once, twice, or three times per week, the cost is the same. \$86 per month. Offered Mon 6:00PM (Kids), 7:00PM (Adults), Wed 6:00PM (Kids), 7:00PM (Adults), Sat 10:30AM (K&A)
Adult single session mat fee \$15.