



SUMMER SESSION

**June 6th-August 12th
(9 weeks)**

Team 1-4 Summer Session: June 13th-August 11th

No RFGC, MMS Classes or Open Gyms:

July 4th- July 8th

Classes resume Monday, July 11th

All Ages Open Gym

(Ages 18 mos- 18 yrs):

Tuesdays: 2:45pm-4:15pm

Thursdays: 11am-12:30pm

\$5/child

RIVER FALLS DAYS PARADE

Join us in marching in the parade!

Who: Intermediate 1 through Team Levels

When: Friday, July 8th

Time: TBD

Parade line up has yet to be determined. We will inform families via email and post line up information on our website once the information is provided to us.

Parade begins at 6:30pm (Main St. and 2nd St.)

[Click here](#) to sign-up to walk in the parade and/or to volunteer or email us!

SUMMER CAMPS

Still time to register!

Register online by clicking [HERE](#)

**All Camps will be held at the RFGC Gym and have 2 day,
3 day or 5 day option**

Camp A (All Ages): Aug 15th-19th

- Monkeys (3-4 yrs): 9am – 12pm
- Tigers – Team (5 and up): 9am – 3pm

Camp D (Advanced): Aug 22nd-26th

- Int. 1-Team: 9am – 3pm

SUMMER REMINDERS

It can get warm in the gym and we will encourage many water breaks! Please inform your gymnast to let their coach know if they are ever not feeling well.

Please refrain your gymnast from wearing tops that expose their midriff (i.e. sports bra only). This is to ensure the safety of your gymnast while spotting.

WE ARE HIRING!

We are in need of coaches for the 2016-2017 school year! We provide training and have flexible scheduling. Apply online today!

<http://www.riverfallsgymnastics.com/employment-opportunities.html>



Like us on Facebook for gym updates!

FALL REGISTRATION JULY 25TH

ALL families will be able to enroll for the Fall 1 Session beginning Monday, July 25th. View our tentative schedule on Page 2 of the newsletter.

Currently enrolled in the Summer Session? Your coach will inform you if your child should advance to the next level or remain in their current level the week prior to registration. Please check with your coach before or after class if you have any questions. There will be NO formal evaluations handed out for the Summer Session. Please follow the suggested ages for Koalas, Monkeys, Monkeys 4+ and Boys classes OR speak with your coach after class for their suggestion on what to register your child in for the upcoming session.

It is common for gymnasts to repeat the same level for multiple sessions. Do not be alarmed if it takes your child more than a year to advance. Gymnastics is a sport of repetition. We want to ensure gymnasts have mastered the skills associated with their level before moving onto more difficult skills. This is for the safety of the gymnast and to reiterate proper progression of skills.



River Falls Gymnastics Club Tentative Fall 1 Session 2016- SUBJECT TO CHANGE

Tuesday, September 6th - Sunday, November 6th {9 weeks}

*Monday Classes Meet 8 weeks and begin on Monday, September 12th

River Falls Gymnastics Club Gym (RFGC Gym N8234 945th St.)

Class Classes meet once per week	*Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Fee
Koalas (30min) 18 months-2 years old Parent/Child Class	6:10PM (\$66)	9:30AM			10:20AM	9:50AM	4:20PM	\$74
Monkeys (45 min) 3-4 year olds	4:30PM (\$84)	10:00AM 5:20PM 6:10PM		5:20PM	9:30AM	9:00AM	3:30PM	\$95
Monkeys 4+ (45 min) 4-5 year olds			4:30PM	6:10PM			5:35PM	\$95
Twirl & Tumble (45 min) 3-5 year olds Dance & Gymnastics		9:15AM				11:00AM		\$95
Dance (30 min) 3-5 Year olds Ballet and music & movement						10:15AM		\$74
Boys Only (45 min) Boys 4-6 years old							3:30PM	\$95
Tigers (45 min) 5-6 year olds	5:20PM (\$84)	4:30PM	5:20PM	4:30PM		10:20AM	4:55PM	\$95
Boys Tumbling & Trampoline (55 min) Boys 7-10 years old				7:20PM				\$103
Boys Intermediate (55 min) Boys 6-10 years old Completed at least one session of Boys Tumbling/Trampoline							5:45PM	\$103
Beginner 1 (55 min) Beginners 7 years & up or advanced from Tigers	4:25PM (\$92)	4:30PM 6:55PM		4:30PM 5:30PM		11:10AM	2:30PM	\$103
Beginner 1 9+ (55min) Beginners 9 years & up	6:05PM (\$92)							\$103
Beginner 2 (75 min) Advanced from Beg.1	4:25PM (\$99)	5:15PM 5:30PM		6:30PM		9:00AM	2:10PM	\$111
Beginner 3 (75 min) Advanced from Beg.2	7:00PM (\$99)	6:35PM	4:25PM 6:05PM	6:00PM		9:00AM		\$111
Intermediate 1 (90 min) Advanced from Beg. 3		5:30PM	5:30PM	4:25PM 5:30PM			5:55PM	\$132
Intermediate 2 (90 min) Advanced from Int.1	4:30PM (\$117)	7:05PM	4:30PM	6:30PM			4:20PM	\$132
Intermediate 3 (2 hrs) Invitation Only		5:30PM	6:05PM			9:50AM <small>Add on class (attend twice/week) \$73</small>	3:30PM	\$147

Competitive Teams will follow schedule provided by their coach. MMS GYM: 230 N 9TH ST.

Team 4 & 5 (2hrs twice per week, invite only)		6:15PM @MMS		6:15PM @RFGC				Payment Agreement Required
Team 1, 2, 3 (2.5 hrs twice per week, invite only)	6:00PM @ MMS			6:00PM @ MMS				Payment Agreement Required
Team 1, 2, 3 Extra Practice (2 hrs once per week. Class not required. Class meets 8xs)					5:00PM @ MMS			TBD

RFGC GYM OPEN GYMS: **FRIDAYS** PRE-K: 11AM-12PM, **SATURDAYS** ALL AGES: 12PM-1:30PM. OPEN GYMS \$5/CHILD. PRE-REGISTRATION NOT REQUIRED.

OPEN TO THE PUBLIC! CHECK THE WEBSITE FOR ANY OPEN GYM CANCELLATIONS.

www.riverfallsgymnastics.com | 715-425-6007 | info@riverfallsgymnastics.com

Registration begins JULY 25TH! Visit www.riverfallsgymnastics.com or call 715-425-6007 to register.

Thank you to our sponsors!



Valley Orthodontics

Contact emily.page@riverfallsgymnastics.com if your business is interested in sponsorship.