



# FALL 2023 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, or upon your arrival for class. *Payment reflects your child's spot in the class*, not the number of classes scheduled/attended. Discounted pricing will be given to those who pay by the 5<sup>th</sup> of each month. If payment is not received by the 5<sup>th</sup>, then the full class price will be assessed and expected at time of payment. If payment is not received by the 10<sup>th</sup>, 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 allows 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 \$68/month or \$18/class. \$64.60/month if paid by the 5<sup>th</sup>.**

**Classes that are 45 minutes long are \$86/month or \$22.50/class. \$81.70/month if paid by the 5<sup>th</sup>.**

**Classes that are 60 minutes long are \$109/month or \$28.50/class. \$103.55/month if paid by the 5<sup>th</sup>.**

## 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.

\$68 per month. Offered Mon 3:30PM, Fri 10:45AM, Sat 8:30AM

**Growlers (ages 3-5)** – Gymnastics class, 30 minutes. Class will focus on basic skills, terminology, coordination, listening skills, and social interaction. \$68 per month.

Offered Mon 4:15PM, 6:15PM, Tue 4:15PM, 5:00PM, Fri 4:45PM, 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. \$86 per month.

Offered Mon 5:20PM, Tues 5:00PM, 5:45PM, Wed 5:15PM, Thurs 3:45PM, 4:30PM, 5:00PM, Fri 3:45PM, Sat 9:45AM

**TENacious G (ages 7-12)** – 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. \$109 per month. Offered Mon 5:00PM, 6:15PM, Tues 3:45PM, Wed 4:00PM, 6:00PM, Thurs 4:00PM, 5:30PM, 6:30PM, Fri 4:45PM, Sat 10:45AM

**Boys Class (ages 5-12)** – 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. \$86 per month.

Offered Wed 4:45PM

**Homeschool (ages 5-12)** – 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. \$15 per class, must schedule attendance.

## OPEN PLAY

**Every Thursday during school season (ages 1-5)** – open to boys and girls, drop in. 10:00AM-12:00 Noon. \$10/hour (\$7/mbr) or \$15/more than an hour (\$10/mbr). Parent participation/signed waiver required. Note: no Open Play on Nov. 23 and Dec. 28, 2023, or Jan. 4, 2024.

## CHEER/TUMBLING

**Cheer Basics (ages 6-15)** – open to boys and girls, 60 minutes long. Class will focus on basic motions, jumps, and tumbling skills with good technique. Also flexibility, body control and awareness. \$109 per month. Offered Wed 5:45PM

**Intermediate Tumbling (ages 7-18)** – 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 walkovers and front and back handsprings. \$86 per month. Offered Mon 5:30PM, Wed 4:00PM

**Advanced Tumbling (ages 10-18)** – open to boys and girls, 60 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. \$109 per month. Offered Wed 7:00PM

## JUDO/BRAZILIAN JIU-JITSU (BJJ)

**Tot Judo (ages 5-6)** – Judo class, 30 minutes, open to boys and girls. Children learn the basics of Judo, terminology, coordination, listening skills, and social interaction. \$68 per month for one day/wk, both days/wk \$109 per month. Offered Mon 5:00PM, Wed 5:00PM.

**Kids** – Combination of Judo and Jiu-jitsu are offered. Coed, ages 7-13 yrs. May attend once, twice, or three times per week, the cost is the same. \$109 per month. Offered Mon 5:30PM, Wed 5:30PM, Sat 10:30AM (Kids & Adults)

**Adult Judo/Wolfpack BJJ** – Combination of Judo/BJJ. Coed, ages 14+ yrs. Classes are 60-90 minutes. May attend one or all classes each week, \$120 per month. Offered Mon & Wed (Judo) 6:30PM, Tues & Thurs (BJJ) 6:00PM, Sat 9:30AM (no gi), 10:30AM. Adult single session mat fee \$20.

## COMPETITIVE PROGRAMS

Gymnastics – Level 2 – Level 7/XCEL Diamond

Cheer – Fall Team – Sept. through Dec. - one competition in December

BJJ/Judo – White belts – Black belts may compete

# FALL 2023 WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:45-11:15 Lil Lizards	8:30-9:00 Lil Lizards
	1:00-1:45 Homeschool				9:00-9:30 Growlers 9:45-10:30 Super G
3:30-4:00 Lil Lizards	3:45-4:45 TENacious G		3:45-4:30 Super G	3:45-4:30 Super G	10:45-11:45 TENacious G
4:15-4:45 Growlers	4:15-4:45 Growlers	4:00-4:45 Int. Tumbling (7+ yrs) 4:00-5:00 TENacious G 4:45-5:30 Boys	4:00-5:00 TENacious G 4:30-5:15 Super G	4:45-5:15 Growlers 4:45-5:45 TENacious G	
5:00-6:00 TENacious G 5:20-6:05 Super G 5:30-6:15 Int. Tumbling (7+ yrs)	5:00-5:30 Growlers 5:00-5:45 Super G 5:45-6:30 Super G	5:15-6:00 Super G 5:45-6:45 Cheer Basics	5:00-5:45 Super G 5:30-6:30 TENacious G		
6:15-6:45 Growlers 6:15-7:15 TENacious G		6:00-7:00 TENacious G 7:00-8:00 Tumbling (10-18 yrs)	6:30-7:30 TENacious G		
<b>JUDO/JIU-JITSU</b> 5:00-5:30 Tots (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	<b>WOLFPACK BJJ</b> 6:00-7:30 Adults (14yrs+)	<b>JUDO/JIU-JITSU</b> 5:00-5:30 Tots (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	<b>WOLFPACK BJJ</b> 6:00-7:30 Adults (14yrs+)		<b>JUDO/JIU-JITSU</b> 9:30-10:30 no gi 10:30-11:30 Kids & Adults



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