



SUMMER 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 or credits for missed classes.

Won't be around for the whole month during summer? Pay for only the classes you plan to attend!

Classes that are 30 minutes long are \$48/month or Flex-pay \$15/class. \$45.60/month if paid by the 5th.

Classes that are 45 minutes long are \$64/month or Flex-pay \$18/class. \$60.80/month if paid by the 5th.

Classes that are 60 minutes long are \$80 per month or Flex-pay \$23/class. \$76/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. \$48 per month. *Offered Thurs 4:30PM (July and August)*

Growlers (ages 3-5) – Gymnastics class, 30 minutes. Class will focus on basic skills, terminology, coordination, listening skills, and social interaction. \$48 per month. *Offered Tues 5:40PM, Wed 4:20PM, Thurs 4:00PM, 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. \$64 per month. *Offered Mon 3:45PM, 5:30PM, Tues 4:45PM, 6:15PM, Wed 5:00PM, Thurs 4:45PM, 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. \$80 per month. *Offered Mon 4:30PM, 6:15pm, Tues 4:00PM, Wed 4:45PM, 6:20PM, Thurs 4:00PM, 6:15PM, Sat 10:30AM*

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. \$64 per month. *Offered Wed 3:45PM*

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. \$48 per month, both days \$64 per month. *Offered Mon 6:00PM, Wed 6:00PM*

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. \$80 per month. *Offered Mon 6:00PM (Kids), 7:00PM (Adults), Wed 6:00PM (Kids), 7:00PM (Adults), Sat 10:30AM (K&A)*

SUMMER CAMP for AGES 3-5 YEARS – offered July 15-19th and July 29-Aug 2nd from 10AM-12PM. Cost is \$15/day (\$10/mbrs) and includes a mid-morning snack.

SUMMER CAMP for AGES 5-12 YEARS – offered May 28th–Aug. 9th (no camp June 29-July 5th) from 9AM-1PM. May stay until 2PM for additional \$2/day. Cost is \$20/day (\$15/mbrs).

OPEN PLAY (ages 12mo-5yrs) – offered every Friday from June 7-Aug. 9th (no July 5th) from 2:00PM-3:30PM. Cost is \$7/hr or \$10 for more than an hour. Parent supervision required.