



# 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 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 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 5<sup>th</sup>.**

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

**Classes that are 60 minutes long are \$86/month or Flex-pay \$23/class. \$81.70/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. \$54 per month. *Offered Mon 3:30PM*

**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, Wed 4:15PM, Thurs 3:45PM, 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. \$70 per month. *Offered Tues 6:00PM, Wed 5:00PM, Thurs 4:30PM, Sat 9:45AM*

**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 5:00PM, Tues 3:45PM, Wed 6:00PM, Thurs 4:00PM, 5:30PM, Sat 10:45AM*

**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 5:00PM*

**Private Lessons** – Lesson is 30-40 minutes long. Let us know what you want your child to work on! It is a pay by the lesson option, first come, first serve. Cost is \$25 or \$35 with the owner, and is available to members only. Please check with the front desk for coach schedule availability.

## 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, Tues 7:00PM*

**Private Lessons** – Lesson is 30-40 minutes long. Let us know what you want your child to work on! It is a pay by the lesson option, first come, first serve. Cost is \$25 or \$35 with the owner, and is available to members only. Please check with the front desk for coach schedule availability.

## 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 5:30PM, Wed 5:30PM.*

**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 \$20.*

**Private Lessons** – Lesson is 50-60 minutes long. It is a pay by the lesson option, first come, first serve. Cost is \$50, and is available to members only. Please check with the front desk for coach schedule availability.