



FALL 2020 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

Li'l 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 4:15PM, Tues 5:00PM, 6:00PM, Wed 4:30PM, 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 Mon 4:00PM, 6:15PM, Tues 5:45PM, Wed 5:15PM, 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 Mon 4:15PM, Wed 4:45PM*

FITNESS

Fit & Strong Kids (ages 7-18) – Classes are 45 minutes. Designed to help increase muscle tone and flexibility, with some cardio as well. \$70 per month. *Offered Tues 4:00PM*

CHEER/TUMBLING

Beginning Tumbling (ages 5-7) – open to boys and girls, 45 minutes long. Class will focus on strength, basic tumbling skills, and learning proper technique. \$70 per month. *Offered Mon 5:15PM*

Tumbling (ages 7-15) – open to boys and girls, 45-60 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. \$70-86 per month. *Offered Wed 3:45PM (45min), Wed 7:00PM (60min)*

Back Handspring Training (ages 7-18) – open to boys and girls, 45 minutes long. Class will focus on learning how to do a back handspring safely and with good technique, through drills and conditioning. \$70 per month. *Offered Mon 6:15PM*

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 5:00PM, Wed 5:00PM.*

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. \$86 per month. *Offered Mon 5:30PM (Kids), 6:30PM (Adults), Wed 5:30PM (Kids), 6:30PM (Adults), Sat 10:30AM (K&A)*
Adult single session mat fee \$20.

No Gi for Kids/Adults – Combination of Judo/Jiu-jitsu. Coed. 60 minutes. \$86 per month. *Offered Sat only 9:30AM*