



FALL 2022 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 attended.* 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 by the 10th, 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 \$60/month or \$16/class. \$57.00/month if paid by the 5th.

Classes that are 45 minutes long are \$76/month or \$20/class. \$72.20/month if paid by the 5th.

Classes that are 60 minutes long are \$96/month or \$25/class. \$91.20/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.

\$60 per month. *Offered Mon 3:30PM, Fri 10:45AM*

Growlers (ages 3-5) – Gymnastics class, 30 minutes. Class will focus on basic skills, terminology, coordination, listening skills, and social interaction. \$60 per month.

Offered Mon 4:15PM, Tues 5:00PM, 6:00PM, Wed 9:15AM, 4:45PM, Thurs 3:45PM, Fri 10:00AM, 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. \$76 per month.

Offered Mon 5:15PM, 6:15PM, Tues 5:00PM, 5:45PM, Wed 5:15PM, Thurs 4:30PM, Fri 3:45PM, 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. \$96 per month. *Offered Mon 5:00PM, 6:15PM, Tues 3:45PM, Wed 4:00PM, 6:00PM, Thurs 4:00PM, 5:30PM, 6:30PM, 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. \$76 per month.

Offered Tues 4:00PM, Wed 4:45PM

OPEN PLAY

Every Thursday during school season (ages 1-5) – open to boys and girls, drop in.

10:00AM-12:00 Noon. \$8/hour (\$5/mbr) or \$10/more than an hour (\$8/mbr).

Parent participation required.

Note: if there is no school that day, there is no Open Play, example Spring Break (March 16th).

CHEER/TUMBLING

Cheer Basics (ages 7-15) – 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. \$96 per month. *Offered Wed 5:45PM*

Beginning Tumbling (ages 6-10) – open to boys and girls, 45 minutes long. Class will focus on strength, basic tumbling skills, and learning proper technique. \$76 per month. *Offered Mon 4:30PM*

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. \$76 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. \$96 per month. *Offered Wed 7:00PM*

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. \$76 per month. *Offered Mon 6:15PM*

JUDO/JIU-JITSU

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. \$60 per month for one day/wk, both days/wk \$76 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. \$96 per month. *Offered Mon 5:30PM, Wed 5:30PM, Sat 10:30AM (Kids & Adults)*

Adult Judo/Wolfpack BJJ – Combination of Judo/Jiu-jitsu. Coed, ages 14+ yrs. Classes are 60-90 minutes. May attend one or all classes each week, \$110 per month. *Offered Mon & Wed (Judo) 6:30PM, Tues & Thurs (BJJ) 6:00PM, Sat 10:30AM.*
Adult single session mat fee \$20.

FALL 2022 WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:15-9:45 Growlers	OPEN PLAY 10:00AM-NOON (for ages 1-5 years)		9:00-9:30 Growlers 9:45-10:30 Super G
	1:00-1:45 Homeschool			10:00-10:30 Growlers 10:45-11:15 Lil Lizards	10:45-11:45 TENacious G
3:30-4:00 Lil Lizards	3:45-4:45 TENacious G		3:45-4:15 Growlers	3:45-4:30 Super G	
4:15-4:45 Growlers 4:30-5:15 Beg. Tumbling (6+ yrs)	4:00-4:45 Boys (7+ yrs)	4:00-4:45 Tumbling (7-10 yrs) 4:00-5:00 TENacious G 4:00-5:00 Super Ten – Inv. 4:45-5:15 Growlers 4:45-5:30 Boys	4:00-5:00 TENacious G 4:30-5:15 Super G	4:45-5:15 Growlers	
5:00-6:00 TENacious G 5:15-6:00 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	5:15-6:30 Pre-Team – Inv. 5:30-6:30 TENacious G		
6:15-7:15 TENacious G 6:15-7:00 Back Handspring (7+yrs) 6:15-7:00 Super G	6:00-6:30 Growlers	6:00-7:00 TENacious G 7:00-8:00 Tumbling (10-18 yrs)	6:30-7:30 TENacious G		
JUDO/JIU-JITSU 5:00-5:30 Tots (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	WOLFPACK BJJ 6:00-7:30 Adults (14yrs+)	JUDO/JIU-JITSU 5:00-5:30 Tots (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	WOLFPACK BJJ 6:00-7:30 Adults (14yrs+)		JUDO/JIU-JITSU 10:30-11:30 Kids & Adults



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