

FITNESS ATHLETIC CENTER

GYMNASTICS



TUMBLING



REC FITNESS

12143 Hwy 36 South, PO Box 613 Bellville, Texas 77418

WE'RE BACK IN ACTION!!

SUMMER SKILL CLINICS

(All clinics 1 hour & 30 min)

Price: \$25/ clinic

Bar Clinics-will focus on drills and techniques needed to improve bar skills. (Ages 5+)

Tumbling Clinics- will focus on conditioning and strengthening drills needed to improve tumbling skills. (Ages 5+)

Beginner Tumbling-

Qualifications- has been enrolled in basic gymnastics or tumbling class within the last year

Intermediate Tumbling –

Qualification-working on bridge kickover, back walkover, or back handspring

Advanced Tumbling-

Qualifications- working on series back handsprings, back tucks or layouts.

Jump Clinics- We will be working on all aspects of cheerleading jumps. Stretching, strength and conditioning to improve height, flexibility and overall performance and skill execution. (5th grade & up)

Summer Class will be divided into TWO 5-week sessions.

Session 1: June 1st-July 1st

Session 2: July 6th-August 5th

How to Sign-up:

- 1) Look at the schedule on back to see which class fits best for your athletes.
- 2) Contact the gym via phone or e-mail to confirm availability.
- 3) Fill out and submit NEW online waiver form. The form must be completed before athlete is allowed into class.
- 4) First Summer session tuition is due by the 1st class day. FAC accepts cash, check or credit cards.

Contact Us:

Phone: (979)-865-5529

E-mail: fitnessathleticcenter@gmail.com

Website: facgymnastics.com

Summer 2020 Class Schedule

JUNE 1ST—AUGUST 5TH

Monday

<u>Gladiators (Boys K-5th)</u>	<u>10:00am-11:00am</u>
<u>Jungle Gym/Kinder Gym (Ages 3-5)</u>	<u>10:00am-11:00am</u>
<u>Lil Diva (Ages 6-8)</u>	<u>10:00am-11:15am</u>
<u>Jungle Gym/Kinder Gym (Ages 3-5)</u>	<u>11:00am-12:00am</u>
<u>Lil Diva (Ages 6-8)</u>	<u>11:00am-12:15am</u>
<u>Xcel Bronze, Silver, Gold</u>	<u>12:30pm-2:00pm</u>
<u>Pre-Team</u>	<u>2:00pm-3:30pm</u>
<u>Tumbling (Beginner/Intermediate 2nd grade & up)</u>	<u>4:00pm-5:15pm</u>
<u>Tumbling (Intermediate/Advanced 5th grade & up)</u>	<u>5:15pm-6:30pm</u>

TUESDAY

<u>Jungle Gym/Kinder Gym (Ages 3-5)</u>	<u>4:00pm-5:00pm</u>
<u>Lil Diva (Ages 6-8)</u>	<u>4:00pm-5:15pm</u>
<u>Pre-Team</u>	<u>4:00pm-5:30pm</u>
<u>Jungle Gym/Kinder Gym (Ages 3-5)</u>	<u>5:15pm-6:15pm</u>
<u>Lil Diva (Ages 6-8)</u>	<u>5:15pm-6:30pm</u>

WEDNESDAY

<u>Tender Care</u>	<u>9:00am-10:00am</u>
<u>Shady Acres</u>	<u>10:00am-11:00am</u>
<u>Xcel Bronze, Silver & Gold</u>	<u>9:30am-12:00pm</u>

Call or email to Register for Summer Classes

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