

Fitness Athletic Center



Gymnastics Tumbling Rec Fitness



2021 Summer Schedule

Beginning June 7th- August 4th

MONDAY

Jungle Gym/Kinder Gym (Ages 3-5)	9:30 am-10:30 am
Lil Diva (Ages 6-8)	9:30 am-10:45 am
Jungle Gym/Kinder Gym (Ages 3-5)	10:30 am-11:30 am
Lil Diva (Ages 6-8)	10:30 am-11:45 am
Pre-Team Gymnastics	12:30 pm-2:00 pm
Xcel Bronze, Silver, Gold Competitive Gymnastics	12:30 pm-2:30 pm
Sports Conditioning (Boys & Girls 2 nd grade & up)	3:00 pm-4:00 pm
Beginner/Intermediate Tumbling (2 nd grade & up)	4:00 pm-5:15 pm
Intermediate Tumbling (5 th grade and up)	5:00 pm-6:15 pm
Advanced Tumbling (5 th grade & up)	6:15 pm-7:30 pm

TUESDAY

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

WEDNESDAY

Shady Acres	8:45 am-9:45 am
Tender Care	TBA
Xcel Bronze, Silver & Gold Competitive Gymnastics	10:00 am-12:00 pm

****Classes can be added upon demand****

For registration or other inquiries Call, Text, or E-mail.

Class Deposit of \$50 is due at time of registration to hold child's spot in class.

Phone: (979)-865-5529 **E-mail:** fitnessathleticcenter@gmail.com

Website: facgymnastics.com **Address:** 12143 Hwy 36 South **Mailing:** PO Box 613 Bellville, Texas 77418

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Summer Clinics

Monthly schedules will be posted at later date.

Limited spots available.

Prices: \$35 (1-hour 30 min clinics)

\$25 per clinic (1-hour clinics)

Bar Clinics- 1 hour 30 min (Ages 7 & up)

Will focus on body shaping, conditioning and specific skill training for appropriate levels.

Tumbling Clinics- 1 hour and 30 min (Ages 5 & up)

Will focus on conditioning and strengthening drills needed to improve tumbling skills.

Beginner Tumbling-

Qualifications- has been enrolled in basic gymnastics or tumbling class within the last year. Have experience in skills such as, handstand, cartwheels, and round-offs.

Intermediate Tumbling –

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

Advanced Tumbling-

Qualifications- working on series back handsprings, back tucks, layouts, twisting full. As well as standings back handsprings and/or back tucks.

Jump & Stretch Clinic 1 hour (4th grade & up)

Will focus on stretching, conditioning, and perfecting athletes' technique for cheerleading jumps.

Strength, Conditioning, Stretch-1 hour (2nd grade & up)

Will focus on sports agility, strengthening and conditioning for appropriate age levels.