

In Bound Gymnastics

Summer Schedule 2021



Serving the Albany Area since 2005

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229-434-1996

Summer Sessions are 4 weeks long:

Session 1: June 1st – 24th

Gym will be closed June 25th through July 4th for the 4th of July Holiday.

Session 2: July 6th – July 29th

Once your child is enrolled in Session 1, they will automatically be enrolled into Session 2. If you do not plan on attending Session 2, please go online and fill out a drop request with the specific date you would like to be dropped from the class. Drop Requests must be done online.

Registration & Tuition:

- Annual Registration is \$50 per family, good for one year from the time you sign up with us.
- Tuition is due by the first class of the new session, if payment is not received by the second class a \$20 late fee will be added to your account.
- Multiple child discounts are available for families.
- To be dropped from a class you must fill out a Drop Request online through our Parent Portal by logging into your account. Please see the front desk if you need assistance. **Without notification the customer will be held accountable for the entire session of tuition.** Once you withdrawal from a class we cannot guarantee a space in the same class when you return.
- **All registration fees and tuition are non-refundable.**

Important things to remember...

- All gymnasts should wear comfortable clothing for class. Leotards are preferred for girls but not required until upper levels. Boys and girls can wear gym shorts/pants and a t-shirt. Nothing big and baggy and no buttons or zippers please.
- Girls with long hair need to have it pulled up in a ponytail during class.
- Registered students are not allowed on any of the equipment without an In Bound Gymnastics Staff Member.
- **Please do not allow your children or siblings of registered students play on any of the equipment before or after their scheduled class time. This is for your child's safety.**
- **We ask that parents do not walk across the spring floor or any of the mats. Surfaces are uneven. This is for everyone's safety.**

Summer Camps – Daily & Weekly Rates

In Bound is offering gymnastics camp this summer for boys and girls ages 4 & up. Camps are for anyone interested in trying gymnastics for the first time up to gymnasts who have been in classes and would like more time in the gym. Each day gymnasts will spend time on the different pieces of equipment, craft time, snack time and open gym time. Please sign up online at inboundgymnastics.com

Week 1: Monday, June 14th – Thursday, June 17th

Week 2: Monday, June 21st – Thursday, June 24th

Week 3: Monday, July 5th – Thursday, July 8th

Week 4: Monday, July 12th – Thursday, July 15th

Campers -

All gymnasts should bring a snack (or money to purchase a snack – all snacks are \$1 each), a sack lunch, and a pillow and blanket for movie time.

Full Day Camp Hours:

Monday – Thursday 7:30am – 4:30 pm

Daily Rate: \$30 / day

Weekly Rate: \$100 / week

\$10 discount available for siblings

All camps are subject to cancellation if we do not have a minimum of 10 participants per week.

Birthday Parties

Have a Gymnastics Birthday Party at In Bound!! Visit our website to book your party completely online!!! Choose your day and time available, then plan your party with us!

Basic Parties start at \$200.

\$50 non-refundable deposit required to hold your day and time when booking.

Private Lessons

Private Lessons are available and must be scheduled during slower times at the gym.

½-hour Private

\$30

1-hour Private Lesson

\$50

Preschool Classes

Shooting Stars 1: A class for parent and child (walking to 3 years old) to participate in together. Children will learn beginning gymnastics skills such as forward and backward rolls, cartwheels, handstands and gymnastics positions. Boys and girls will develop strength and flexibility with mom or dad by their side.

Shooting Stars 2: A class for boys and girls ages 3 and 4, who will learn beginning gymnastics skills such as forward and backward rolls, cartwheels, handstands and gymnastics positions. Boys and girls will develop social and motor skills, strength and flexibility in a fun and safe environment.

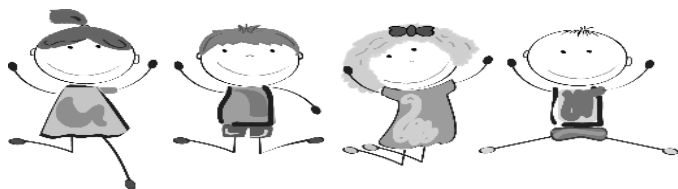
Tuesday 4:00 pm, 5:00 pm & 6:00 pm

Thursday 4:00 pm, 5:00 pm & 6:00 pm

Preschool Classes – 45 minutes long

1 day a week - \$75/ per session

2 days a week - \$95/ per session



Recreation Classes

Beginners: A class for boys and girls ages 5 and up, who show an interest in gymnastics and want to learn the basics of the sport. All gymnasts will learn beginning gymnastics skills such as forward and backward rolls, cartwheels, round offs, handstands and a variety of jumps and leaps. All gymnasts will develop strength and flexibility in a fun and safe environment.

Tuesday 4:00 pm, 5:00 pm, 6:00 pm

Thursday 4:00 pm, 5:00 pm, 6:00 pm

Recreation – 55 minutes long

1 day a week - \$85/ per session

2 days a week - \$105/ per session



IBG Ninja's

In Bound is now offering ninja classes for boys & girls. Ninja's will develop strength, agility and problem-solving skills in a fun and safe environment. Ninja's will be challenged with obstacle courses that will have them running, jumping, crawling and swinging just like a ninja!

Ninja Classes – Ages 3 & up

Tuesday 5:00 pm

Thursday 5:00 pm



Ninja Classes– 55 minutes long

1 day a week - \$85/ per session

2 days a week - \$105/ per session

Tumbling Classes

Tumbling: A class for boys and girls ages 5 and up, who want to learn the basics of tumbling. This class is designed for beginners through advanced tumblers. Tumblers will learn basic tumbling skills such as cartwheels, handstands, back walkovers, round offs, and back handsprings. A variety of drills will be used to help tumblers learn the body positions needed to be a good tumbler. Tumblers will develop strength and flexibility in a fun and safe environment.

Tuesday 6:00 pm

Thursday 6:00 pm

Advanced Tumbling: A class for boys and girls ages 5 & up who can already do a round off back handspring without a spot. This class is for advanced tumbling skills such as back tucks, layouts and fulls.

Tuesday 6:00 pm

Thursday 6:00 pm

Tumbling Classes– 55 minutes long

1 day a week - \$85/ per session

2 days a week - \$105/ per session