

**In Bound Gymnastics**

**Fall Schedule**

**2019 -2020**

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| **Session** | **Dates** | **Tuition Due By** |
| Session 1 - (8 weeks) | August 5 – September 26 | August 9th |
| \*Closed Labor Day | September 2nd | No Classes |
| Session 2 - (8 weeks) | September 30 – November 21 | October 4th |
| Session 3 – (8 weeks) | November 25 -January 30 | December 5th |
| \*Closed Thanksgiving Holiday | November 27-30 | No Classes |
| Christmas Show | December 20th |  |
| \*Closed Christmas Holiday | December 21 – January 5 | No Classes |
| Session 4 – (8 weeks) | February 3 – March 26 | February 8th |
| Session 5- (7 weeks)\*\* | March 30 - May 21 | April 5th |
| \*Closed Spring Break | Thursday, April 2nd – Wednesday, April 8th | No Classes |
| **\*\*There will be a 13% Discount for Session 5 off of the 8-week tuition rate.\*\*** | | |
| Spring Show | May 15th |  |

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**Serving the Albany Area since 2005**

**Registration & Tuition:**

* **Annual Registration is $50 per Family (effective August 1, 2019).** Good for one year from the time you sign up with us.
* Tuition is due by the first class of the new session, if full payment or a monthly payment is not received by the Tuition Due by Date listed on the session calendar a $15 late fee will be added to your account.
* Multiple child discounts are available for families.
* You must notify the office if you wish to withdrawal your child from a class 2 weeks prior to the start of the new session. **Without notification the customer will be held accountable for the entire session of tuition. Withdraw forms are available at the front desk.** If you withdraw from a class, we cannot guarantee a space in the same class when you return.
* **All registration fees and tuition are non-refundable.**

If you have any questions, please see our office staff.

**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 to 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.**

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. 45-minute class

**Monday 4:30 pm Tuesday 5:30 pm Thursday 10 am & 6:30 pm**

**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. 45-minute class

**Monday 5:30 pm Tuesday 4:30 pm, 5:30 pm & 6:30 pm**

**Thursday 10 am, 4:30 pm, 5:30 pm & 6:30 pm**

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. Gymnasts will spend time on all events. All gymnasts will develop strength and flexibility in a fun and safe environment. 1-hour class

**Monday 4:30 pm, 5:30 pm & 6:30 pm Wednesday 4:30 pm**

**Tuesday 4:30 pm & 5:30 pm Thursday 4:30 pm & 5:30 pm**

**Advanced Beginners:** ***Promotion by instructor is required.*** All gymnasts will continue to develop new gymnastics skills and continue to perfect their existing skills on all of the events. 1-hour class

**Monday 4:30 pm**

**Tuesday 5:30 pm Thursday 5:30 pm**

**Homeschool:** 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. Gymnasts will spend time on all events. All gymnasts will develop strength and flexibility in a fun and safe environment. 1-hour class

**Thursday 11 am**

New Program!!



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! 45 minutes class

**Little Ninja’s:** Ages 3 – 5 years old **Beginner Ninja’s:** Ages 6 to 12 years old

**Monday 6:30 pm Thursday 6 pm**

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. 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. 1-hour class

**Tuesday 6:30 pm Thursday 6:30 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. 1-hour class

**Tuesday 7 pm Thursday 7 pm**

Birthday Parties

Have a Gymnastics Birthday Party at In Bound!! Birthday parties are available on Saturdays & Sundays. Please see front desk staff to get more information on booking a birthday party.

Parties start at $175 –

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

Christmas Show & Spring Show

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All students registered in classes at In Bound are welcome to participate in the Christmas Show and the End of the Year Spring Show. This is a great time for friends and family to come and watch what your gymnasts has been working on. There is a small admission charged at the door. T-shirts for both shows will be sold in advance.

Private Lessons

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

½-hour Private $25 1-hour Private Lesson $45

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| **Tuition Rates** | | | | |
| **Class Duration** | **Session 1, 2, 3 & 4 – Tuition Rate**  **(8-week session)** | | **Session 5 – Tuition Rate**  **(7-week session)** | |
|  | 1 day a week price | 2 days a week price | 1 day a week price | 2 days a week price |
| 45 minutes | $130 | $170 | $113.10 | $147.90 |
| 1 hour | $140 | $180 | $121.80 | $156.60 |