

**In Bound Gymnastics**

**Fall Schedule**

**2018 -2019**

**1908 N. Slappey Blvd.** [**www.inboundgymnastics.com**](http://www.inboundgymnastics.com) **229-434-1996**

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| **Session** | **Dates** | **Tuition Due By** |
| Session 1 - (8 weeks) | August 6 – September 27 | August 10th |
| \*Closed Labor Day | September 3 | No Classes |
| Session 2 - (8 weeks) | October 1– November 21 | October 5th |
| \*Closed Thanksgiving Holiday | November 22-25 | No Classes |
| Session 3 – (8 weeks) | November 26 -January 31 | November 30th |
| Christmas Show | TBD |  |
| \*Closed Christmas Holiday | December 21 – January 14 | No Classes |
| Session 4 – (8 weeks) | February 4 – March 28 | February 8th |
| \*Closed Spring Break | April 1- April 5 | No Classes |
| Session 5- (\*7 weeks)\*\* | April 8- May 23 | April 5th |
| **\*\*There will be a 13% Discount for session 5 off of the 8-week tuition rate.\*\*** | | |
| Spring Show | TBD |  |

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**Serving the Albany Area since 2005**

**Registration & Tuition:**

* Annual Registration is $35 per child. Good for one year from the time you sign up with us. Second child in the same immediate family is $20. Family maximum of $55 per year.
* 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 Date listed above 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.** 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 come out onto the gym area. Please stay in the seating area. 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.

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

**Preschool Classes – 45 minutes long**

**1 day a week - $120/ per session**

**2 days a week - $160/ 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.

**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**

**Adv. Beginners / Intermediate:** A class for boys and girls who have been promoted by their instructor. All gymnasts will continue to develop new gymnastics skills and continue to perfect their existing skills. Gymnasts will continue to develop strength and flexibility in a fun and safe environment.

**Monday 5:30 pm Wednesday 4:30 pm**

**Tuesday 4:30 pm & 5:30 pm Thursday 4:30 pm & 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. All gymnasts will develop strength and flexibility in a fun and safe environment.

**Recreation Classes– 60 minutes long**

**1 day a week - $130/ per session**

**2 days a week - $170/ per session**

**Thursday 11 am**

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.

**Monday 6:30 pm 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.

**Tuesday 7 pm Thursday 7 pm**

**Tumbling Classes– 60 minutes long**

**1 day a week - $130/ per session**

**2 days a week - $170/ per session**

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.**

Gymnastics at Daycares

In Bound Gymnastics is available to travel to local daycares and offer gymnastics/movement classes for 2,3 & 4-year-old boys and girls. Contact Jamie @434-1996 for more information.

Private Lessons

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

½-hour Private $20 1-hour Private Lesson $40

Christmas Show & Spring Show

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.