

Details	Hours/Wk	Class Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool								
2 yrs. & 3 yrs.	45 min.	Parent / Child						9:00 FULL
2 yrs. & 3 yrs.	45 min.	Parent / Child						10:00 FULL
3 yrs. & 4 yrs.	45 min.	Instructor			9:30 - 10:15	9:30 - 10:15		9:00 FULL
3 yrs. & 4 yrs.	45 min.	Instructor						10:00 - 10:45
20 mos. – 3 yrs.	45 min.	Parent / Child			10:20 - 11:05	9:30 - 10:15		
20 mos. – 3 yrs.	45 min.	Parent / Child				10:20 - 11:05		11:00 - 11:45
4 yrs. & 5 yrs.	45 min.	Instructor						11:00 - 11:45
4 yrs. & 5 yrs.	45 min.	Instructor				1:00 - 1:45		
Hourly								
Both 3 - 18 yrs.	1	Homeschool			10:20-11:20	10:20-11:20		
Both 4½ - 7 yrs.	1	Beginner I	4:15 - 5:15					12:00 - 1:00
Both 9 - 18 yrs.	1	Cheer/Tumbling	3:45 – 4:45					
Boys 4 ½ - 6 yrs.	1	Boys Beginner I	5:30 FULL			5:30 – 6:30		
Boys 7 -13 yrs.	1	Boys Beg. I & II		5:30 – 6:30				
Boys 8 -13 yrs.	1	Boys Beg. II			5:30 – 6:30			
Girls 6 – 8 yrs.	1	Beg. II		4:00 – 5:00	4:00 – 5:00		5:30 - 6:30	
Girls 7 – 13 yrs.	1	Intermediate	4:00 – 5:00					
Girls 4 - 5 yrs.	1	Beginner I		4:15 – 5:15	4:15 – 5:15	5:30 FULL		
Girls 6 - 8 yrs.	1	Beg. I & II	5:00 FULL	5:15 FULL		4:00 FULL	4:30 – 5:30	
Girls 8 - 13 yrs.	1	Beg. II			5:00 - 6:00	5:00 - 6:00		
Girls 4 ½ - 6 yrs.	1	Beginner I			5:30 - 6:30	4:15 FULL		
Girls 8 - 13 yrs.	1	Beg. I & II					5:00 – 6:00	1:00 - 2:00

OPEN CLASSES IN YELLOW

PRESCHOOL CLASSES START WED., AUG. 31
LEVELS AND FEES

Parent /Child Classes:

This level is to help with developing motor skills and interaction with other children.

Class ratio: 12 parent/child combos to 1 instructor

Instructor Classes:

3 & 4 yr old Classes: This level is for basic motor skills, learning to listen and follow directions, and learning to leave parents. Class ratio: 6 children to 1 instructor

4 & 5 yr old Classes: This level is for basic motor skills, listening to directions, coordination and progressing toward basic gymnastic skills.

Class ratio: 8 children to 1 instructor

All of these programs work toward independence, creativity and self-confidence.

PARENT/CHILD CLASS FEES (45 mins.):
\$55 per month

INSTRUCTOR CLASS FEES (45 mins.):
\$75 per month

3rd child in household or 3rd class 50% off, 4th + free

GYMNASTICS CLASSES START MON., AUG. 29
LEVELS AND FEES

Beg I Classes:

This level is for learning and developing basic gymnastics skills through regular practice, for example: forward and backward rolls, cartwheels, straight and tuck jumps on floor, scales and jumps on beam, chin-ups, skin-the-cat, casts and pullovers on bars, L-holds, cuts, snowplow and swings on parallel bars, and jump to squat and to handstand for the vault.

Beg II Classes:

This level is for mastery of basic gymnastics skills through regular practice to advance and improve, for example: roundoffs, handstands and bridges on floor, handstands and turns on beam, hip circles, sole circles and mill circles on bars, cuts, swings and dismounts on parallel bars, and handstand flop and jump to table for vault.

Intermediate Classes:

This level is for mastery of advanced gymnastics skills through regular practice to improve, for example: back handsprings and combinations on floor, handstands and dismounts on beam, squat-ons and kips on bars, back dismounts on parallel bars, mushroom, handstands on rings, and front tuck off and handsprings for vault.

Cheer/Tumbling Classes:

This level is for mastery of tumbling, jumps, motions and stunting.

Class Ratio: 8 children to 1 instructor

The students end their year with routines during Routine Week in June 2023. These are a culmination of a full year's work.

INSTRUCTOR CLASS FEES (1 hour):

\$75 per month

Receive a link to complete your registration online in our parent portal. A credit card is required for registration. \$30 online registration begins Fri., Aug 26. Family registration and a \$35 Annual Insurance fee required for each student is non-refundable. If needed, cash or check payments must be arranged in the office and received by the 1st of the month.