

2023-24				Open classes in yellow				
Details	Hours/Wk	Class Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 yrs. & 3 yrs.	45 min.	Parent / Child						9:00
2 yrs. & 3 yrs.	45 min.	Parent / Child						10:00
4 yrs.	45 min.	Instructor				9:00		11:00
3 yrs. & 4 yrs.	45 min.	Instructor						9:00
3 yrs. & 4 yrs.	45 min.	Instructor						10:00
3 yrs. & 4 yrs.	45 min.	Instructor			9:00			11:00
20 mos. – 3 yrs.	45 min.	Parent / Child			9:00 & 10:00	10:00	4:00	11:00
Special Needs/ Miracle League	45 min.	Parent / Child						1:15
3 yrs. & 4 yrs.	45 min.	Instructor				1:00		
Home School	1	5 yrs.-up/Instructor				11:00		
Both 5-7 yrs.	1	Beginner I						12:00
Both 8 & up	1	Adv.Cheer/Tumbling	3:15					
Boys 4 ½ - 6yrs	1	Boys Beginner I	4:30			5:30		
Boys 5 - 7 yrs.	1	Beg I & II	5:30					
Boys 7 - 13 yrs.	1	Boys Beg I & II		5:30				
Girls 7 - 13 yrs.	1	Intermediate			4:00			
Girls 4 - 5 yrs.	1	Beginner I				5:30		
Girls 6 - 8 yrs.	1	Beg I & II	5:00		4:15 & 5:00	4:00	4:30	
Girls 8 - 13 yrs.	1	Beg I & II		4:30				
Girls 4 ½ - 6 yrs.	1	Beginner I	5:30	4:15 & 5:15	5:30	4:15		
Girls 6 - 8 yrs.	1	Beg II	4:15			5:00	5:30	
Girls 8 - 15 yrs.	1	Beg I & II		5:30			5:00	12:00

**PRESCHOOL CLASSES START FRI., AUG. 25**  
**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.):**  
**\$60 per month**

**INSTRUCTOR CLASS FEES (45 mins.):**  
**\$80 per month**

3<sup>rd</sup> child in household or 3<sup>rd</sup> class 50% off, 4<sup>th</sup> + free

Family registration is \$30.00 non-refundable, online in our portal or @ [www.tritowngym.com](http://www.tritowngym.com). Credit card required to be on file. Insurance is included in tuition.

**GYMNASTICS CLASSES START FRI., AUG. 25**  
**LEVELS AND FEES**

**Beg I Classes:**

This level is for learning and developing basic gymnastics skills through regular practice, for example: forward roll, bridge, cartwheel, handstand, and standing roundoff on floor, kicks, pivot turn, straight and tuck jump on beam, chin-up, skin-the-cat, glide, pullover, cast and body shapes on girl's bars, pullover and swings on boy's high bar, L-hold, cut, snowplow and swing on parallel bars, chin-up, L hold and skin-the-cat on rings, and jump on board to flatback for girl's vault, or jump on board, stretch to stick for boy's vault.

**Beg II Classes:**

This level is for mastery of basic gymnastics skills through regular practice to advance and improve, for example: backward roll, bridge kickover, backbend, dive roll, and running roundoff on floor, scale, and headstand to hold for boy's floor, leap, lever, handstand, and cartwheel on beam, swing, dismount, and back hip circle on the bars, turns on boy's high bar, cut, swing and dismount on parallel bars, invert on rings, and handstand flop for girl's vault and jump to salto for boy's.

**Intermediate Classes:**

This level is for mastery of advanced gymnastics skills through regular practice to improve, for example: front and back walkover, advanced jumps and roundoff dismount on beam, sole circle, jump to high bar, and squat-on on bars, back dismount on parallel bars, mushroom, handstand on rings, and handstand off with coach and handspring for vault.

**Adv. Cheer/Tumbling Class:**

Handspring & basics required. This level is for advanced tumbling, jumps, motions and stunting.

Class Ratio: 8 children to 1 instructor

The students end their year with routines during Show/Routine Week in June 2024. These are a culmination of a full year's work.

**INSTRUCTOR CLASS FEES (1 hour): \$80 per month**