

2024-25

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

PRESCHOOL CLASSES START FRI., AUG. 23
LEVELS AND FEES

Parent / Child:

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: 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 yr old: 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.):

\$62 per month

INSTRUCTOR CLASS FEES (45 mins.):

\$82 per month

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

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

CLASSES START FRI., AUG 23
Class Ratio: 8 children to 1 instructor
CLASS FEES (1 hour): \$82 per month

Beg I: 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: 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 handstand 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: 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.

Intro to Cheer: This class is for athletes new to cheerleading, learning the basics including motions, jumps, tumbling and stunting. If your athlete has not cheered before and would like to start, this is a great place to begin!

Intermediate Cheer: For athletes coming in knowing their basics of motions and jumps, this class builds on basic jumps to add advanced jumps, and tumbling skills from roundoffs and walkovers, as well as front and back handspring, and more cheer stunts beyond the intro class.

Advanced Cheer: This class is for athletes who already have mastered front and back handsprings, and are working toward harder level tumbling and stunting skills, including standing and connected tucks, layouts and more!