

2025-26 CLASSES	Class Description	Hours/Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 mos.-3 yrs.	Parent / Child	45 min.		9:00		10:00	4:00	11:00
2 & 3 yrs.	Parent / Child	45 min.	4:00		4:00		10:00	9:00 & 10:00
3 yrs.	Instructor	45 min.					11:00	
3 & 4 yrs.	Instructor	45 min.	5:00	10:00	9:00 & 5:00		9:00 & 5:00	9:00, 10:00 & 11:00
4 yrs.	Instructor	45 min.			1:00	9:00		
Special Needs / Miracle League	Parent / Child 8 & up	45 min.						1:15
Special Needs / Miracle League	Parent / Child 4 – 8 yrs.	45 min.						2:15
Home School	Beginner I & II	1				1:00		
Home School	Intermediate	1		1:00				
Both 6 & Up	Beginner Cheer/Tumbling	1					4:15	
Both 7 & Up	Interm. & Adv. Cheer/Tumbling	1					5:15	
Both 5 - 7 yrs	Beginner I	1						12:00
Boys 4.5 - 6 yr.	Boys Beginner I	1	4:30			5:30		
Boys 5 - 7 yrs.	Boys Beg I & II	1		5:30				
Boys 7 - 13 yr.	Boys Beg I & II	1	5:30					
Girls 4 - 5 yrs.	Beginner I	1				5:30		
Girls 4.5 - 6 yr.	Beginner I	1	5:30	4:15 & 5:15	5:30	4:00		
Girls 6 - 8 yrs.	Beg I & II	1	5:00		5:00	4:15	4:15	
Girls 6 - 9 yrs.	Beg I & II	1	4:30		4:00		5:15 & 6:15	
Girls 6 - 9 yrs.	Beg II	1				4:00 & 5:00		
Girls 8 - 15 yrs.	Beg I & II	1		5:30				12:00
Girls 7 - 13 yrs.	Intermediate	1		4:30				
Girls 9 - 15 yrs.	Intermediate	1				5:00		

**PRESCHOOL CLASSES START FRI. AUG 22**

**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 yrs. 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 yrs. 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 FEE (45 mins.):**

**\$65 per month**

**INSTRUCTOR CLASS FEE (45 mins.):**

**\$85 per month**

**GYMNASTICS CLASSES START FRI., AUG. 22**

**Beg I Classes:**

This level is for learning & developing basic gymnastics skills through regular practice, for example: forward roll, bridge, cartwheel, handstand, & standing roundoff on floor, kicks, pivot turn, straight & tuck jump on beam, chin-up, skin-the-cat, glide, pullover, cast & body shapes on bars, pullover & swings on high bar, L-hold, cut, snowplow & swings on parallel bars, chin-up, L hold & skin-the-cat on rings, & jump on board to flatback for girl's 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 & improve, for example: backward roll, bridge kickover, backbend, dive roll & running roundoff on floor, scale, & headstand to hold for boy's floor, leap, lever, handstand, forward roll & cartwheel on beam, swing, cast to dismount & back hip circle on the bars, turns on high bar, cut, swing & dismount on parallel bars, invert on rings, & handstand flop, & jump to table for girl's and jump to salto for boy's vault.

**Intermediate Classes:**

This level is for mastery of advanced gymnastics skills through regular practice to improve, for example: front & back walkover, handstand limber & forward roll, side aerial, boulder & front handspring on floor, step, lock, pivot, side handstand & advanced jumps & roundoff dismount on beam, sole circle, jump to high bar & squat on bars, back dismount on parallel bars, mushroom, handstand on rings, & handstand off with coach & handspring for vault.

**Beginner Cheer/Tumbling Class:**

Learn the basics of cheerleading, including motions, jumps, tumbling & stunting.

**Intermediate & Advanced Cheer/Tumbling Class:**

For athletes who know their basics of motions & jumps to add advanced jumps, more cheer stunts, & tumbling from roundoffs, walkovers & handsprings to tucks & layouts.

Class Ratio: 8 children to 1 instructor

**INSTRUCTOR CLASS FEES (1 hour): \$85 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.

*The students end their year with routines during Show/Routine Week in June.*