

Parent/Tot Tumbling

Spend time with your little one while helping them increase spatial awareness, gross motor and social skills through fun obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered.

No class 11/23 - 11/28. Min/Max: 4/12

Age: 1.5-3

Fee: \$29

Day	Date	Time	Location	Class #
Sa	9/12-10/3	9:00- 9:30A	Gymnastics	430401-01
Tu	9/15-10/6	9:00- 9:30A	Gymnastics	430401-04
W	9/16-10/7	9:15- 9:45A	Gymnastics	430401-05
Th	9/17-10/8	10:00-10:30A	Gymnastics	430401-06
F	9/18-10/9	11:15-11:45A	Gymnastics	430401-07
Sa	10/10-10/31	9:00- 9:30A	Gymnastics	430501-01
Tu	10/13-11/3	9:00- 9:30A	Gymnastics	430501-04
W	10/14-11/4	9:15- 9:45A	Gymnastics	430501-05
Th	10/15-11/5	10:00-10:30A	Gymnastics	430501-06
F	10/16-11/6	11:15-11:45A	Gymnastics	430501-07
Sa	11/7-12/5	9:00- 9:30A	Gymnastics	430601-01
Tu	11/10-12/8	9:00- 9:30A	Gymnastics	430601-04
W	11/11-12/9	9:15- 9:45A	Gymnastics	430601-05
Th	11/12-12/10	10:00-10:30A	Gymnastics	430601-06
F	11/13-12/11	11:15-11:45A	Gymnastics	430601-07

Wiggle Worms

Get your wiggles out as we move, tumble, climb, bounce and swing! A transitional class for those 3 year olds seeking more independence. Parent participation optional. No class 11/23 - 11/28.

Min/Max: 4/6

Age: 3-3

Fee: \$29

Day	Date	Time	Location	Class #
M	9/14-10/5	10:30-11:00A	Gymnastics	430403-01
Th	9/17-10/8	9:00- 9:30A	Gymnastics	430403-03
F	9/18-10/9	10:15-10:45A	Gymnastics	430403-04
M	10/12-11/2	10:30-11:00A	Gymnastics	430503-01
Th	10/15-11/5	9:00- 9:30A	Gymnastics	430503-03
F	10/16-11/6	10:15-10:45A	Gymnastics	430503-04
M	11/9-12/7	10:30-11:00A	Gymnastics	430603-01
Th	11/12-12/10	9:00- 9:30A	Gymnastics	430603-03
F	11/13-12/11	10:15-10:45A	Gymnastics	430603-04

Tumbling Tots

Experience exciting obstacle courses, increase strength, balance and flexibility in a fun, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this fun-filled class! No class 11/23 - 11/28. Min/Max: 4/10

Age: 3-4

Fee: \$35

Day	Date	Time	Location	Class #
Sa	9/12-10/3	10:00-10:45A	Gymnastics	430406-01
M	9/14-10/5	11:30A-12:15P	Gymnastics	430406-02
Tu	9/15-10/6	10:00-10:45A	Gymnastics	430406-03
W	9/16-10/7	10:15-11:00A	Gymnastics	430406-04
W	9/16-10/7	4:30- 5:15P	Gymnastics	430406-05
Th	9/17-10/8	11:00-11:45A	Gymnastics	430406-06
F	9/18-10/9	9:00- 9:45A	Gymnastics	430406-07

Tumbling Tots cont.

Sa	10/10-10/31	10:00-10:45A	Gymnastics	430506-01
M	10/12-11/2	11:30A-12:15P	Gymnastics	430506-02
Tu	10/13-11/3	10:00-10:45A	Gymnastics	430506-03
W	10/14-11/4	10:15-11:00A	Gymnastics	430506-04
W	10/14-11/4	4:30- 5:15P	Gymnastics	430506-05
Th	10/15-11/5	11:00-11:45A	Gymnastics	430506-06
F	10/16-11/6	9:00- 9:45A	Gymnastics	430506-07
Sa	11/7-12/5	10:00-10:45A	Gymnastics	430606-01
M	11/9-12/7	11:30A-12:15P	Gymnastics	430606-02
Tu	11/10-12/8	10:00-10:45A	Gymnastics	430606-03
W	11/11-12/9	10:15-11:00A	Gymnastics	430606-04
W	11/11-12/9	4:30- 5:15P	Gymnastics	430606-05
Th	11/12-12/10	11:00-11:45A	Gymnastics	430606-06
F	11/13-12/11	9:00- 9:45A	Gymnastics	430606-07

Tumble Mania

Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and handsprings. Most skills and drills will first be learned on the Tumbl Trak trampoline then progress to the floor exercise mat. As the child progresses, more advance tumbling skills will be introduced.

No class 11/23 - 11/28. Min/Max: 4/8

Age: 3.5-5

Fee: \$35

Day	Date	Time	Location	Class #
M	9/14-10/5	12:45- 1:30P	Gymnastics	430408-01
Tu	9/15-10/6	11:15A-12:00P	Gymnastics	430408-02
F	9/18-10/9	12:15- 1:00P	Gymnastics	430408-03
M	10/12-11/2	12:45- 1:30P	Gymnastics	430508-01
Tu	10/13-11/3	11:15A-12:00P	Gymnastics	430508-02
F	10/16-11/6	12:15- 1:00P	Gymnastics	430508-03
M	11/9-12/7	12:45- 1:30P	Gymnastics	430608-01
Tu	11/10-12/8	11:15A-12:00P	Gymnastics	430608-02
F	11/13-12/11	12:15- 1:00P	Gymnastics	430608-03

Kidnastics

Age appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility. Children will be introduced to basic gymnastic skills on the bars, beam, vault and floor exercise. No class 11/23 - 11/28. Min/Max: 4/16

Age: 4-5

Fee: 45 min. class: \$35; 60 min. class: \$42

Day	Date	Time	Location	Class #
Sa	9/12-10/3	11:15A-12:15P	Gymnastics	430410-01
M	9/14-10/5	9:15-10:00A	Gymnastics	430410-02
M	9/14-10/5	4:30- 5:15P	Gymnastics	430410-04
W	9/16-10/7	5:30- 6:15P	Gymnastics	430410-05
Th	9/17-10/8	12:15- 1:00P	Gymnastics	430410-06
F	9/18-10/9	1:30- 2:15P	Gymnastics	430410-07
Sa	10/10-10/31	11:15A-12:15P	Gymnastics	430510-01
M	10/12-11/2	9:15-10:00A	Gymnastics	430510-02
M	10/12-11/2	4:30- 5:15P	Gymnastics	430510-04
W	10/14-11/4	5:30- 6:15P	Gymnastics	430510-05
Th	10/15-11/5	12:15- 1:00P	Gymnastics	430510-06
F	10/16-11/6	1:30- 2:15P	Gymnastics	430510-07
Sa	11/7-12/5	11:15A-12:15P	Gymnastics	430610-01
M	11/9-12/7	9:15-10:00A	Gymnastics	430610-02

Kidnastics cont.

M	11/9-12/7	4:30- 5:15P	Gymnastics	430610-04
W	11/11-12/9	5:30- 6:15P	Gymnastics	430610-05
Th	11/12-12/10	12:15- 1:00P	Gymnastics	430610-06
F	11/13-12/11	1:30- 2:15P	Gymnastics	430610-07

Advanced Kidnastics

For those 4 & 5 year olds who are ready for more advanced skills. Instructor approval required.

No class 11/23 - 11/28. Min/Max: 4/8

Age: 4-5

Fee: \$35

Day	Date	Time	Location	Class #
W	9/16-10/7	5:30- 6:15P	Gymnastics	430415-01
Th	9/17-10/8	1:30- 2:15P	Gymnastics	430415-02
W	10/14-11/4	5:30- 6:15P	Gymnastics	430515-01
Th	10/15-11/5	1:30- 2:15P	Gymnastics	430515-02
W	11/11-12/9	5:30- 6:15P	Gymnastics	430615-01
Th	11/12-12/10	1:30- 2:15P	Gymnastics	430615-02

Intro to Gymnastics

New to gymnastics? This is the place to start! You will be introduced to all apparatus and terminology and be prepared for Novice, Level 1. No class 11/23 - 11/28. Min/Max: 4/8

Age: 6-12

Fee: \$42

Day	Date	Time	Location	Class #
Sa	9/12-10/3	12:45- 1:45P	Gymnastics	430417-01
M	9/14-10/5	5:45- 6:45P	Gymnastics	430417-02
W	9/16-10/7	6:45- 7:45P	Gymnastics	430417-04
Sa	10/10-10/31	12:45- 1:45P	Gymnastics	430517-01
M	10/12-11/2	5:45- 6:45P	Gymnastics	430517-02
W	10/14-11/4	6:45- 7:45P	Gymnastics	430517-04
Sa	11/7-12/5	12:45- 1:45P	Gymnastics	430617-01
M	11/9-12/7	5:45- 6:45P	Gymnastics	430617-02
W	11/11-12/9	6:45- 7:45P	Gymnastics	430617-04

Novice Level 1

The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise. No class 11/23 - 11/28. Min/Max: 4/8

Age: 6-12

Fee: \$42

Day	Date	Time	Location	Class #
Sa	9/12-10/3	12:45- 1:45P	Gymnastics	430420-01
M	9/14-10/5	5:45- 6:45P	Gymnastics	430420-02
W	9/16-10/7	6:45- 7:45P	Gymnastics	430420-04
Sa	10/10-10/31	12:45- 1:45P	Gymnastics	430520-01
M	10/12-11/2	5:45- 6:45P	Gymnastics	430520-02
W	10/14-11/4	6:45- 7:45P	Gymnastics	430520-04
Sa	11/7-12/5	12:45- 1:45P	Gymnastics	430620-01
M	11/9-12/7	5:45- 6:45P	Gymnastics	430620-02
W	11/11-12/9	6:45- 7:45P	Gymnastics	430620-04

Beginner Level 2

For those who have completed and mastered the skills in Novice - Level 1 and are ready for more challenging skills. No class 11/23 - 11/28. Min/Max: 4/16

Age: 6-12

Fee: 1x/wk: \$42; 2x/wk: \$57

Day	Date	Time	Location	Class #
M	9/14-10/5	7:15- 8:15P	Gymnastics	430425-01
Tu,Th	9/15-10/8	5:00- 6:00P	Gymnastics	430425-02
M	10/12-11/2	7:15- 8:15P	Gymnastics	430525-01
Tu,Th	10/13-11/5	5:00- 6:00P	Gymnastics	430525-02
M	11/9-12/7	7:15- 8:15P	Gymnastics	430625-01
Tu,Th	11/10-12/10	5:00- 6:00P	Gymnastics	430625-02

Adv Beginner Lev 3

This level continues to build a strong foundation of skills on each event. No class 11/23 - 11/28. Min/Max: 4/8

Age: 6-12

Fee: \$57

Day	Date	Time	Location	Class #
Tu,Th	9/15-10/8	5:00- 6:00P	Gymnastics	430430-01
Tu,Th	10/13-11/5	5:00- 6:00P	Gymnastics	430530-02
Tu,Th	11/10-12/10	5:00- 6:00P	Gymnastics	430630-01

Intermediate Level 4

A more involved class focusing on fine tuning and correct execution of all skills on each event while continuing to learn new ones. No class 11/23 - 11/28. Min/Max: 4/8

Age: 6-12

Fee: \$72

Day	Date	Time	Location	Class #
Tu,Th	9/15-10/8	6:30- 8:00P	Gymnastics	430435-01
Tu,Th	10/13-11/5	6:30- 8:00P	Gymnastics	430535-01
Tu,Th	11/10-12/10	6:30- 8:00P	Gymnastics	430635-01

Adv Interm. Lev 5

This level corresponds with USAG level 5 in which advanced skills, strength and flexibility are emphasized. No class 11/23 - 11/28. Min/Max: 4/8

Age: 6-12

Fee: \$72

Day	Date	Time	Location	Class #
Tu,Th	9/15-10/8	6:30- 8:00P	Gymnastics	430440-01
Tu,Th	10/13-11/5	6:30- 8:00P	Gymnastics	430540-01
Tu,Th	11/10-12/10	6:30- 8:00P	Gymnastics	430640-01

Homeschool Gymnastics

Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum. No class 11/23 - 11/28. Min/Max: 4/8

Age: 5-16

Fee: \$42

Day	Date	Time	Location	Class #
W	9/16-10/7	11:30A-12:30P	Gymnastics	430450-01
W	10/14-11/4	11:30A-12:30P	Gymnastics	430550-01
W	11/11-12/9	11:15A-12:15P	Gymnastics	430650-01