



2011 Class Schedule

Updated 1/25/2011



Our classes are offered one or two days a week. Due to the difficult nature of gymnastics, we recommend the two day a week enrollment. This enables our staff enough class time to more than adequately cover our lesson plans each term. Our two day a week program is offered at a discounted rate (see tuition rates on reverse side) and allows you to pick any combination of class times. We understand that busy schedules may not allow you to enroll for two days a week therefore, once a week is also available.

Preschool Gymnastics - Boys and Girls

Preschool Classes will work on all of the Olympic Events (Vault, Bars, Beam, and Floor) as well as Trampoline. Lesson plans are skill based and taught in a circuit method allowing students to progress at their own pace. Student: Teacher Ratio is 7:1

Age	Level	Mon	Tue	Wed	Thu	Fri	Sat
22-36 mos.	Wee Cat – Parent/Child			5:00 pm			
3yrs – Pre-K	Tabby Cat – Beginning	5:30 pm		6:00 pm	10:30 am		
3yrs – Pre-K	Calico Cat – Intermediate		6:00 pm		9:30 am		
3yrs – Pre-K	Top Cat – Advanced	6:30 pm					

Girls Gymnastics

Girls Classes will work on all of the Olympic Events (Vault, Bars, Beam, Floor) as well as Trampoline, and strength/conditioning exercises. Lesson plans are skill based with evaluations done periodically and awards given at the completion of each level.

Student: Teacher Ratio is 8:1

Age	Level	Mon	Tue	Wed	Thu	Fri	Sat
K -7yrs	G1 - Introduction		5:00 pm		6:00 pm		
K & up	G2 – Beginning	5:30 pm		7:00 pm			
K & up	G3 - Intermediate		6:00 pm				
K & up	G4 - Advanced Intermediate				6:00 pm		

Boys Gymnastics

Boys Classes will work on all of the Olympic Events (Rings, Parallel Bars, Vault, Floor, Pommel Horse, High Bar) as well as Trampoline and strength/conditioning exercises. Lesson plans are skill based with evaluations done periodically and awards given at the completion of each level. Student: Teacher Ratio is 8:1

Age	Level	Mon	Tue	Wed	Thu	Fri	Sat
K – 7 yrs	B1 - Beginning	6:30 pm					

Power Tumbling

Tumbling Classes will work on Tumbling skills using the Floor, Tumble Track and Trampoline. Lesson plans are based on skill level and are designed to help students progress from basic to advanced skills. Student: Teacher Ratio is 8:1

Age	Level	Mon	Tue	Wed	Thu	Fri	Sat
K – 7yrs	T1 - Beginning	6:30 pm		5:00 pm			
8yrs & up	T2/T3 - Int. / Adv.		7:00 pm	6:00 pm 7:00pm			

All classes are 55 minutes in length.

Friday Night Fun!
Held the 2nd & 4th Friday of each month
6:30 – 9:30pm