

### Make-ups

Although it is preferable to attend your regularly scheduled class, we do allow one make-up each month. The nature of our classes makes it essential to schedule all make-ups in advance and within the month following the missed class.

### Termination Policies

In order to remain enrolled in the program, tuition must be paid in accordance with the payment dates on this schedule. When withdrawing from the program it is necessary to inform us in writing two weeks prior to your withdrawal date. If the proper withdrawal procedures have not been followed tuition will be due for the entire month and registration fees will not remain current upon withdrawal.

### Returned Check Fee

A \$25.00 check fee will apply to all returned checks.

## **GUARANTEE**

We at Spirals Gymnastics, Inc. feel we offer the very finest Preschool, Tumbling and Gymnastics programs in our area. However, we know that we may not always offer exactly what every child needs at all stages of their development. That is why we are willing to offer a 100% tuition guarantee.

If after your child's first month of classes you feel that Spirals does not offer the finest programs of its kind, just contact our office for a full refund of your tuition.

Your comments and suggestions would, of course, be appreciated.

## **Tuition and Enrollment Information**

Month	Dates	Auto Pay Charge Date	Holidays Observed
<b>Aug</b>	8/3 – 8/28	At Reg	-
<b>Sep</b>	8/31 – 9/25	8/28	9/7
<b>Oct</b>	9/28 – 10/23	9/25	-
<b>Nov</b>	10/26 – 11/27	10/23	10/31, 11/23– 11/27
<b>Dec</b>	11/30 – 12/25	11/27	12/24 –12/25
<b>Jan</b>	1/4 - 1/29	1/4	-
<b>Feb</b>	2/1 – 2/26	1/29	-
<b>March</b>	3/1- 3/26	2/26	Open spring break
<b>April</b>	3/29 - 4/23	3/26	-
<b>May</b>	4/26 - 5/21	4/23	-

Monthly Tuition	1 <sup>st</sup> Child	2 <sup>nd</sup> Child	Auto Pay Discount
<i>One 45-minute class</i>	\$78 + \$5*	\$73 + \$5*	Take \$6.00 off your total tuition when you sign up for Auto Pay
<i>Two 45-minute classes</i>	\$117 + \$5*	\$112 + \$5*	

**Covid Surcharge - \$5 per month while extra precautions are necessary.**

**2<sup>nd</sup> class is available at ½ price!**

<b>Membership Fees – non refundable</b>	
Individual Membership – one member of the immediate family	\$35
Family Membership – all members of the immediate family	\$45



# **Class Schedule**

**1083 Bowman  
Springs Rd  
Kennedale, TX  
76060**

**817-516-2100**

[spiralscheerleading.com](http://spiralscheerleading.com)

3/10/2021

**Spiralscheerleading.com**

<b>2020 Class Schedule</b>						
<b>Age</b>	<b>Level</b>	<b>Mon</b>	<b>Tue</b>	<b>We d</b>	<b>Thu</b>	<b>Fri</b>
<b>Preschool Gymnastics - Boys and Girls</b>						
3 - 4 yrs	Rising Stars		5:15 6:15		4:15 5:15	
4 - 5 yrs	Shooting Stars		5:15 6:15		4:15 5:15	
3 - 5 yrs	Super Stars (advanced)	inquire				
3 - 5 yrs	Golden Stars (advanced)	inquire				
<b>Gymnastics Classes – Girls only</b>						
K – 7 yrs	Intro G1 - Introduction	5:15		6:15		
K & up	G1 – Beginning		5:15		4:15 6:15	
K & up	G2 – Advanced Beg	6:15	5:15	5:15		
K & up	G3 – Intermediate		7:15		7:15	
K & up	G4 – Advanced			7:15		
<b>Tumbling Classes – Boys and Girls</b>						
K - 9 yrs	Intro to Tumbling 1 & 2		6:15 7:15			
K & up	Back Handspring – Level 1		inquire			
K & up	Back Handspring – Level 2		inquire			
K & up	Back Handspring – Level 3/4		inquire			
<b>Go Ninja Classes! – Boys and Girls</b>						
4 – 5 yrs	Intro to Ninja			5:15	5:15	
6 – 7 yrs	Action Ninja		7:15	6:15		
8 yrs & up	Ninja Blast	7:15		7:15		
<b>Cheerleading Classes – Boys and Girls</b>						
5 – 7 yrs	Recreational Cheer				6:15	
8+ yrs	Recreational Cheer				7:15	
<b>Teams – By Invitation Only</b>						
K and up	TAAF Competitive Team	5:30			5:00	

Our classes are offered one or two days a week. Due to the difficult nature of gymnastics, we recommend two-day-a-week enrollment. This provides enough class time to more than adequately cover our lesson plans. Our two-day-a-week program offers the second class at ½ price (see tuition rates on reverse side) and allows you to pick any class combination.

<b>Class Descriptions</b>	
<p><b>Preschool Classes – Boys and Girls</b> Will work on all of the Olympic Events (Vault, Bars, Beam, and Floor) as well as tumbling. Lesson plans are skill based and taught in a circuit method allowing students to progress at their own pace. Student to Teacher Ratio varies from 4 - 7 depending on age group.</p>	<p><b>Girls Gymnastic Classes</b> Will work on all of the Olympic Events (Vault, Bars, Beam, &amp; Floor) as well as Tumble Track, and strength/conditioning exercises. Lesson plans are skill based with evaluations done periodically and awards given at the completion of each level. Student to Teacher Ratio is 7 to 1</p>
<p><b>Girls Gymnastic Competitive Team</b> Spirals competitive program competes with other gym schools in our area in competitive gymnastic levels 1-4. By invitation only.</p>	<p><b>Cheer Classes</b> Competitive cheer techniques, stunting, combo jumps, power tumbling, dance and emphasis on the skills needed for building an all-star cheer squad</p>
<b>Tumbling Descriptions- Boys and Girls</b>	
<p><b>Tumbling Classes</b> will work on tumbling skills using the Floor and Tumble Track. Lesson plans are based on skill level and are designed to help students progress from basic to advanced skills. Classes are taught in station format emphasizing technique and form. Student to Teacher Ratio is 9 to 1.</p>	
<p><b>Intro Tumbling 1 – Skills</b> Roll, back roll/incline, cartwheel, bridge, &amp; handstand mechanics.</p>	<p><b>Intro to Back Handspring 1 - Skills</b> Handstand roll, running round-off, front limber, back bend kick-over, lead up drills to BHS.</p>
<p><b>Intro Tumbling 2 – Skills</b> Pike forward roll, back roll/floor, vertical cartwheel, running cartwheel, handstand, backbend, intro to round-off.</p>	<p><b>Back Handspring 2 - Skills</b> Back walkover, front walkover power round-off w/rebound, back handspring drills, front handspring mechanics.</p>
<p><b>Back Handspring 3 - Skills</b> Back handspring, round-off back handspring mechanics, front hand spring, front tuck flip, standing back tuck flip.</p>	<p><b>Aerial Tumbling Level 4 - Skills</b> Round off backhand spring tuck, back handspring series, combination passes, pike back flip, layout back flip, full twisting flip.</p>
<b>Ninja Class Descriptions – Boys and Girls</b>	
<p>Ninja classes work on the following areas: floor and jumps, vaulting skills, wall skills, trampoline, bars and conditioning kick. Classes are held in our special ninja zone. Mastering the three skill levels will make your kid a super NINJA!!</p>	
<b>All Classes are 45 minutes in length except Team</b>	