

GYMNASTIC TRAINING CENTER 2008-2009 SCHEDULE

CLASS	#	DAY	TIME	TUITION*	DESCRIPTION
BUMBLEBEES	B	1 TUE. 2 WED. 3 WED. 4 FRI. 5 SAT.	11:00 -11:45 10:30 - 11:15 6:15 - 7:00 10:00 - 10:45 9:15 - 10:00	85.00(8wk)	16 months - 36 months old boys & girls with parent. Children must have been walking for at least 2 months. Basic pre-gymnastic movements encourage listening skills and gross motor development. 45 min. class
SUGARBEES	C	1 MON. 2 MON. 3 TUE. 4 TUE. 5 WED. 6 WED. 7 THU. 8 THU. 9 THU. 10 FRI. 11 SAT. 12 SAT.	11:15 - 12:00 2:00 - 2:45 10:15 -11:00 1:00 - 1:45 11:15- 12:00 1:00 -1:45 11:00 - 11:45 1:00 - 1:45 6:00 - 6:45 9:15 - 10:00 10:00 - 10:45 11:00 - 11:45	85.00(8wk)	3-4 1/2 yr. old boys & girls without parent. A general movement education class stressing fine & gross motor skills and hand-eye coordination with an emphasis on pre-gymnastic development. Kids learn: increased attention span, directional perception, having fun & feeling good about themselves. 45 min. class
HONEYBEES	D	1 MON. 2 MON. 3 TUE. 4 TUE. 5 TUE. 6 WED. 7 THU. 8 THU. 9 FRI. 10 SAT.	10:15 - 11:10 1:00 - 1:55 9:15-10:10 1:45 - 2:40 6:00 - 6:55 5:15 - 6:10 10:00 - 10:55 1:45 - 2:40 10:45-11:40 10:45 - 11:40	\$102.00 (8wk)	4 1/2-6 yr. old girls. Detailed work in development of strength and coordination as well as more complex pre-gymnastic skills. The children also work on balance and directional learning. Music and special hands-on equipment help these students have fun while learning. 55 min. class.
QUEENBEES	E	1 MON. 2 TUE. 3 WED. 4 FRI. 5 SAT.	5:00 - 5:55 5:00 -5:55 1:45 - 2:40 6:00 -6:55 10:00 - 10:55	\$102.00 (8wk)	5 1/2-7 yr. old girls only. Classes work toward still more complex gymnastic skills and are the key age group to successive levels of gymnastics. 55 min. class.
BOYS	DF	1 MON. 2 TUE. 3 TUE. 4 TUE. 5 WED. 6 WED. 7 THU. 8 THU. 9 SAT.	1:15 -2:10 10:00 - 10:55 1:00 -1:55 4:15 -5:10 1:15 - 2:10 5:30 - 6:25 10:15 - 11:10 1:15 - 2:10 11:00 - 11:55	\$102.00 (8wk)	4-6 yr. old boys only. A perfect pre-gymnastic class for active boys. Detailed work in development of strength and coordination as well as more complex pre-gymnastic skills. The children also work on balance and directional learning. Uses floor & equipment. 55 min. class.
BOYS	EF	1 TUE. 2 WED. 3 THU. 4 SAT.	5:15 -6:10 6:30 -7:25 4:30 - 5:25 12:00 - 12:55	\$102.00 (8wk)	5-7 yr. old boys only. This class features tumbling and boys basic competitive gymnastic apparatus. Also stressed are: flexibility and light strength training. 55 min. class.
BOYS	F	1 TUE. 2 WED. 3 THU. 4 SAT.	6:15 - 7:10 4:30 - 5:25 5:30 - 6:25 1:00 - 1:55	\$102.00 (8wk)	7-10 yr. old boys. A class for younger boys to develop strength and coordination while tumbling and using all men's gymnastic apparatus. 55 min. class.
BOYS	G	1 MON. 2 TUE. 3 SAT.	6:15 - 7:40 7:00 - 8:25 2:00 - 3:25	\$143.00(8wk)	9-16 yr. old boys. Beginning to Intermediate level students use spring floor, vault, high bar, parallel bars, rings & pommel horse. 85 min. class.
INSTRUCTION	H	1 TUE. 2 FRI.	4:15 - 5:10 7:00 - 7:55	\$102.00 (8wk)	7-9 yr. old girls. Apparatus and tumbling with groups in each class for beginning and intermediate level students. 55 min. class. Girls must be 7 years old to attend these classes.
INSTRUCTION	M	1 MON. 2 TUE. 3 FRI. 4 SAT.	6:00 - 7:25 7:00 - 8:25 4:30 - 5:55 12:15 - 1:40	\$143.00(8wk)	7-10 yr. old girls. Apparatus and tumbling with groups in each class for beginning, intermediate, and advanced level students. 85 min. class. Girls must be 7 years old to attend these classes.
INSTRUCTION	I	1 MON. 2 SAT.	6:00 - 7:25 12:15 - 1:40	\$143.00(8wk)	11-16 yr. old girls. Apparatus and tumbling with groups in each class for beginning, intermediate, and advanced level students. 85 min. class. Girls must be 11 years old to attend these classes.
CHEERNASTICS	CH	1 THU. 2 THU.	5:00 - 5:55 6:45 -7:40	\$102.00 (8wk)	Cheernastics 1: 5-9yr. olds, 2: 9-14 yr. olds Combines the spirit of cheerleading athleticism with the competitive art form of gymnastics. Incorporates: tumbling, jumps, dance, partner stunts, pyramids & acrobatic routines. 55 min. Girls only.
TUMBLING	T	1 MON. 2 WED. 3 SAT.	7:30 - 8:25 7:00- 7:55 12:00 - 12:55	\$102.00 (8wk)	7 -16 yr. old boys & girls. Especially geared for floor gymnastics used in cheerleading & dance. Tumbling skills learned using the spring floor, pit, and trampoline. 55 min. class.
TUMBLING PLUS	TP	1 TUE.	7:00- 8:25	\$143.00(8wk)	7 -16 yr. old boys & girls. Same class as above only 30 min. longer, providing more opportunity for trampoline & pit tumbling. Tumbling skills learned using the spring floor, pit, and trampoline. 85 min. class.
OPEN TUMBLING		1 THU. 2 SAT.	8:00 - 9:30 3:30 - 5:00	\$15 at the door	7 - 20 yr. old boys & girls. A hands on tumbling open gym with coaches available for spotting.

**** TUITION DOES NOT INCLUDE THE ANNUAL \$25.00 NON-REFUNDABLE REGISTRATION FEE**

Schedule of Sessions

8 Week Session #5 September 2 - October 25
 8 Week Session #6 October 27 - December 20
 8 Week Session #1 January 5 - February 28
 8 Week Session # 2 March 2 - April 25
 8 Week Session #3 April 27 - June 20
 No Classes will be held on Sept. 1, Nov. 27 & May 25 due to the holidays--- Fees will be adjusted for the holiday only.

Open Gym (Ages 7 and Up)

Open only to currently enrolled students
 Fee is \$5.00 for noncompetitive gymnasts
 Open Gym is available on some Saturdays from 3:30-5:00 -Please call in advance to see if running on any given week
 GTC Does Not Follow School Closings
 There are no makeup classes and the class change fee is \$5.00