



## INSTRUCTIONAL CLASSES

### September 5, 2017 - June 30, 2018

CLASS	COST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Girls</b>	<b>MONTHLY</b>						
INSTRUCTION H 7 - 9 yrs. old	\$78.00	7:30-8:30	4:30-5:30	5:30-6:30 7:00-8:00	7:30-8:30	4:45-5:45	10:00-11:00 12:30-1:30
INSTRUCTION M 8 - 16 yrs. old	\$98.00	5:15-6:45	5:30-7:00	6:45-8:15	4:30-6:00	6:00-7:30	1:00-2:30
CHEER TUMBLING 8-14 yrs. old	\$78.00			7:00-8:00			
<b>Boys</b>	<b>MONTHLY</b>						
BOYS G 8- 16 yrs. old	\$98.00	5:30-7:00					
<b>Boys &amp; Girls</b>	<b>MONTHLY</b>						
TUMBLING 8-16 yrs. old	\$78.00	7:00-8:00					1:30-2:30
TUMBLING PLUS 8-16 yrs. old	\$98.00		7:00-8:30				
Home School Gymnastic Class 5-12 yrs. Old	\$78.00				11:00-12:00		
<b>DROP IN GYMNASTICS</b>							
DROP IN Tumbling	\$15.00 AT THE DOOR				7:00-8:00		
DROP IN GYMNASTICS	\$7.00 AT THE DOOR					7:30-8:30	2:30-3:30
<b>CLASS DESCRIPTIONS</b>							
INSTRUCTION H	7-9 yr. old girls. Apparatus and tumbling with groups in each class for beginning and intermediate level students. Girls must be 7 years old to attend these classes. 60 minute class.						
INSTRUCTION M	8-16 yr. old girls. Apparatus and tumbling with groups in each class for beginning, intermediate & advanced level students. Girls must be 8 years old to attend these classes. 90 minute class.						
CHEER TUMBLING	8 - 14 yr old girls. Cheer jumps, tumbling skills needed for cheerleading & conditioning for strength. 60 minute class.						
BOYS G	8 - 16 yr. old boys only. Beginning to Intermediate level students use spring floor, vault, high bar, parallel bars, rings & pommel horse. 90 minute class.						
TUMBLING	8 - 16 yr. old boys & girls. Beginning tumbling skills learned using the spring floor, pit & trampoline. Especially geared for floor gymnastics used in cheerleading & dance. 60 minute class.						
TUMBLING PLUS	8 - 16 yr. old boys & girls. Must have a back walkover to join this class. Tumbling skills learned using the spring floor, pit & trampoline. Especially geared for floor gymnastics used in cheerleading & dance. 90 minute class.						
Home School Gymnastic Class	5-12 yr. old boys & girls. Looking for your children to burn some energy or experience some good old fashion physical education as part of your criteria? Tumbling, trampoline, strength and flexibility will be part of this exciting class.						
DROP IN GYMNASTICS	Ages 5 & up. This is a great opportunity to practice the skills learned in class, jump on the trampoline or flip around in foam pits. You do not have to be in a class to participate, so invite your friends and neighbors to come along. ( A waiver form must be filled out by a parent/guardian before anyone may attend.)						
DROP IN TUMBLING	Ages 7 & up. Drop in Tumbling Clinic to work on all your tumbling skills. This is an instructed class.						