



INSTRUCTIONAL CLASSES

July 1, 2017 - August 31, 2017

CLASS	COST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Girls	MONTHLY						
INSTRUCTION H 7 - 9 yrs.	\$70.00	7:30-8:25	9:30-10:25	5:00-5:55		11:00-11:55	
INSTRUCTION M 8 - 16 yrs.	\$90.00		10:30-11:55 5:15-6:40		9:30-10:55 6:45-8:10		
CHEER TUMBLING 8-14 yrs	\$70.00			7:30-8:25			
Boys	MONTHLY						
BOYS G 9 - 16 YRS	\$90.00		6:00-7:25				
Boys & Girls	MONTHLY						
TUMBLING 7-16 yr. old	\$70.00	7:30-8:25					
TUMBLING PLUS 7-16 yr. old	\$90.00		5:30-6:55				
Boys & Girls	MONTHLY						
DROP IN GYMNASTICS							
DROP IN GYMNASTICS	\$7.00 AT THE DOOR		12:00-1:00	7:30-8:30	12:00-1:00	12:00-1:00	

CLASS DESCRIPTIONS	
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. 55 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. 85 minute class.
CHEER TUMBLING	8 - 16 yr old girls. Cheer jumps, tumbling skills needed for cheerleading & conditioning for strength. 55 minute class.
BOYS G	9 - 16 yr. old boys only. Beginning to Intermediate level students use spring floor, vault, high bar, parallel bars, rings & pommel horse. 85 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. 55 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. 85 minute class.
DROP IN GYMNASTICS	Ages 6 & 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.)