

# GYMNASTICS, C

**Summer Session: 11 weeks** Jun 19-Aug 31 (Omit Jul 4) No classes Labor Day weekend.

Summer Only Policy: You may prorate out up to two weeks for vacations. Must identify dates at registration.

**Dean Smarjesse, Director**

**Coach Adriana, Preschool Director**

## Parent/Child Classes - Ages 2-3

Parent/child classes are 45 minutes. Only parent and participating child allowed in gym; other siblings not allowed. Active parental participation is required.

### Roly Polies - Ages 2-3 - Boys and Girls

Mon 6:00 pm

Tues 10:15 am

Thurs 10:15 am

Sat 9:30 am

Please remember that each child must be accompanied by an adult. Siblings not enrolled are not allowed on the gym floor. Please plan accordingly.

## Preschool - All classes are 45 minutes

### Caterpillars - Ages 3-4 - Boys and Girls

Mon 4:30 pm

Tues 9:30 am 5:15 pm

Wed 4:30 pm

Thurs 9:30 am 5:15 pm

Sat 10:15 am

### Starflies - Ages 4 1/2-6 - Boys and Girls

Mon 5:15 pm

Tues 4:30 pm

Wed 5:15 pm

Thurs 4:30 pm

Sat 10:15 am

### Fireflies - Ages 4 1/2-6 - Boys Only

Tues 4:30 pm

Thurs 11:00 am 5:15 pm

Sat 9:30 am

**Cost: Parent/Child, Preschool**

**Fitness Member \$154**

**Tennis & Program Member \$171**

## Private Instruction

Need help with Back Handsprings, Back Tuck, Cheerleading skills and basic Gymnastics? Try a private lesson with one of our expert instructors.

**Cost: 1/2 hour \$30 1 hour \$60**

## Advanced Preschool Classes

### Advanced Starflies - Ages 4 1/2-6 - Girls Only

Instructor approval is required to be in this class.

Mon 4:30-5:45 pm

Tues 6:00-7:15 pm

Sat 10:15-11:30 am

**Cost:**

**Fitness Member \$209**

**Tennis & Program Member \$236**

## Recreational Gymnastics

### Girls - Recommended Ages 6-12

Mon 4:30-6:00 pm 6:00-7:30 pm

Tues 4:30-6:00 pm 6:00-7:30 pm

Wed 4:30-6:00 pm 6:00-7:30 pm

Thurs 4:30-6:00 pm 6:00-7:30 pm

Sat 9:30-11:00 am 11:00 am-12:30 pm

### Boys - Ages 6 & Up

Tues 4:30-6:00 pm

Wed 4:30-6:00 pm

Thurs 6:00-7:30 pm

Sat 11:00 am-12:30 pm

**Cost:**

**Fitness Member \$257**

**Tennis & Program Member \$286**

## Sports Club Kips (2-6 hrs per week)

A fun team atmosphere designed for Level 3-8 gymnasts. Must have coaches' evaluation to join.

(New times for summer session)

Tues 6:00-8:00 pm

Thurs 6:00-8:00 pm

**Discounts for multiple days.**

**Cost:**

**Fitness Member 1st Day \$312 2nd Day \$204**

**Tennis & Program Member \$349 \$227**



## Program Policies

- Full payment is due upon registration.
- No Refunds.
- Make-ups are not guaranteed; however, two make-ups per session (if space permits) are allowed.
- Make-ups are NOT carried over to next session.
- No jewelry, rings, necklaces, watches, bracelets, hoop or hanging earrings.
- Please wear tight fitting clothes (ie.leotard, leggings).
- Children will be barefoot down in the gym.
- NO FOOD or DRINK permitted in the gym.
- Parents and siblings can watch from the viewing area upstairs.

# HEER & TUMBLE



**Dean Smarjesse, Director**  
**Coach Micayla, Cheer Director**

## **Cheerleading Classes - All classes are 45 minutes**

These classes include jumps and flexibility ...toe touch, herkie, pike, triple splits, heal stretch, scorpion, needle, bow and arrow.

### **Tiny - Ages 3-5**

Mon 6:00-6:45 pm  
Wed 5:15-6:00 pm  
Sat 10:15-11:00 am

### **Mini - Ages 6-8**

Mon 4:30-5:15 pm  
Wed 5:15-6:00 pm  
Sat 9:30-10:15 am

### **Youth - Ages 9-11**

Mon 7:15-8:00 pm  
Thurs 4:30-5:15 pm

### **Junior - Ages 12-14**

Mon 7:15-8:00 pm  
Tues 7:00-7:45 pm

### **Senior - Ages 14 & up**

Mon 7:15-8:00 pm  
Tues 7:00-7:45 pm

### **Cost:**

**Fitness Member \$154**  
**Tennis & Program Member \$171**



## **Tumbling Classes - All classes are 1 hour**

### **Tumbling 100**

Focus on cartwheels, round-offs, handstands, bridges and rolls. Strength and flexibility conditioning will also be incorporated.

Mon 5:15-6:15 pm  
Thurs 6:30-7:30 pm

### **Tumbling 200**

MUST HAVE ALL TUMBLING 100 ELEMENTS MASTERED. Will focus on back and front walkovers. Strength and flexibility conditioning.

Mon 6:15-7:15 pm  
Wed 4:15-5:15 pm

### **Tumbling 300**

Working on back handsprings. Strength and flexibility conditioning.

Mon 4:15-5:15 pm

### **Tumbling 400**

MUST HAVE TUMBLING 300 ELEMENTS MASTERED. In this class your child will learn how to start connecting tumbling passes. This includes round off back handspring, standing multiple handsprings. Will also learn punch front.

Tues 5:15-6:15 pm  
Thurs 5:30-6:30 pm

### **Tumbling 500**

Your child will learn standing back tucks and how to connect them with jumps, standing back hand springs and running passes.

Wed 6:00-7:00 pm  
Sat 11:00 am-12:00 pm

### **Cost:**

**Fitness Member \$182**  
**Tennis & Program Member \$204**

**\$50 annual Family Program Membership fee required.**

Call 248.626.9880 - Ext. 3 or visit us online at [www.thesportsclubs.com](http://www.thesportsclubs.com)