

# AIR CONDITIONED GYMNASTICS



Our 8,000 square foot gymnastics center featuring state-of-the-art boys and girls equipment and a 240 sq. ft. foam pit is now air conditioned.

**Attend classes in cool comfort all summer long!**

**Summer Session: 11 weeks** Jun 17-Aug 30 (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**

## 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.

### Mommy & Me - Ages 2-3 - Boys and Girls

Mon	6:00 pm
Tues	5:15 pm
Thurs	5:15 pm
Sat	9:30 am 10:45 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	5:15 pm
Wed	4:30 pm
Thurs	5:15 pm
Sat	10:15 am 11:00 am

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

Mon	5:15 pm 6:00 pm
Tues	4:30 pm 5:15 pm
Wed	5:15 pm 6:00 pm
Thurs	4:30 pm 5:15 pm
Sat	10:15 am 11:00 am

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

Tues	4:30 pm 5:15 pm
Thurs	5:15 pm
Sat	9:30 am 10:15 am

**Cost: Parent/Child, Preschool**

<b>Fitness Member</b>	<b>\$158</b>
<b>Tennis &amp; Program Member</b>	<b>\$176</b>

## 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	5:30-6:45 pm
Sat	10:00-11:15 am

**Cost:**

<b>Fitness Member</b>	<b>\$215</b>
<b>Tennis &amp; Program Member</b>	<b>\$243</b>

## 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:**

<b>Fitness Member</b>	<b>\$265</b>
<b>Tennis &amp; Program Member</b>	<b>\$295</b>

## 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
Sat	10:00 am-12:00 pm

**Discounts for multiple days.**

<b>Cost:</b>	<b>1st Day</b>	<b>2nd Day</b>	<b>3rd Day</b>
<b>Fitness Member</b>	<b>\$322</b>	<b>\$209</b>	<b>\$135</b>
<b>Tennis &amp; Program Member</b>	<b>\$360</b>	<b>\$233</b>	<b>\$152</b>



## 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

**Cost:**

<b>Fitness Member</b>	<b>\$182</b>
<b>Tennis &amp; Program Member</b>	<b>\$204</b>

## GYMNASTICS CAMP Ages 6-14

**Weeks offered:** Jun 24-28, Jul 15-19, Aug 12-16  
9:00 am-4:00 pm.

**Camp Director:** Dean Smarjesse – Gymnastics Director  
The Sports Club Gymnastics Camp is designed for all levels of gymnasts. Anyone looking to improve their gymnastics skills, whether it be a gymnast or a cheerleader, will be working on all events: Vault, Bars, Beam, Floor and Trampoline.

The camp will devote a significant amount of time to tumbling in order to develop the following skills: Round-off, Back Handspring, Front Handspring, Back Tuck and Front Tuck.

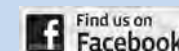
## Private Instruction

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**

## 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.



**\$65 annual Sports Program Membership fee required.**