

GYMNASTICS

Gymnastics

Gymnastics is one of the most important comprehensive "lifestyle exercise programs" available to children; incorporating strength, flexibility, speed, balance, coordination, power and discipline. Gymnastic teams additionally provide children with opportunities to travel, meet with friends, make new friends and have fun! We offer competitive USAG 7-10 level Girls and 4-10 level Boys, and an exploding Xcel program. Contact Sports Programming for more details at 248-626-9880, ext. 3.

Staff

Dean Smarjesse, Gymnastics Director • Jeunae Norwood, Girls Team Director • Autumn Hart, Pre-Team Director,

Our accomplishments include:

2019 State Meet

Silver - 1st Place Team

- 2 Vault Champions
- 2 Bars Champions
- 9 Beam Champions
- 7 Floor Champions
- 8 All Around Champions

Gold - 3rd Place Team

- 1 Vault Champion
- 2 Bars Champions
- 1 Beam Champion
- 2 Floor Champions
- 3 All Around Champions

Platinum - 2nd Place Team

- 3 Vault Champions
- 2 Bars Champions
- 3 Beam Champions
- 1 Floor Champion
- 4 All Around Champions

2019 Regionals

Silver - 1st Place Team

- 1 Vault Champion
- 2 Bars Champions
- 3 Beam Champions
- 3 Floor Champions
- 3 All Around Champions

Gold - 3rd Place Team

- 1 Vault Champion
- 1 Bars Champion
- 1 Beam Champion
- 1 All Around Champion

Platinum - 2nd Place Team

- 1 Vault Champion
- 2 Bars Champions
- 2 Beam Champions
- 1 Floor Champion
- 1 All Around Champions

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Dean Smarjesse, Director

Carly Kallen, Recreational 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 11:00 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 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 9:30 am 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 9:30 am 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 11:00 am

Cost: Parent/Child, Preschool 10 Weeks 12 Weeks

Fitness Member \$144 \$173

Tennis & Program Member \$160 \$192

Our 8,000 square foot gymnastics center featuring state-of-the-art boys and girls equipment and a 260 sq. ft. foam pit is now **AIR CONDITIONED.**

Advanced Preschool Classes

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

Instructor approval is required to be in this class.

Mon 5:15-6:30 pm

Tues 5:15-6:30 pm

Sat 10:00-11:15 am

Cost:	10 Weeks	12 Weeks
Fitness Member	\$195	\$234
Tennis & Program Member	\$221	\$265

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 6:00-7:30 pm

Thurs 6:00-7:30 pm

Sat 11:00 am-12:30 pm

Cost:	10 Weeks	12 Weeks
Fitness Member	\$241	\$289
Tennis & Program Member	\$268	\$322

Sports Club Kips (2-6 hrs per week)

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

Tues 6:30-8:30 pm

Thurs 6:30-8:30 pm

Sat 10:00 am-12:00 pm

Discounts for multiple days.

Cost 10 Weeks:	1st Day	2nd Day	3rd Day
Fitness Member	\$293	\$190	\$123
Tennis & Program Member	\$327	\$212	\$138

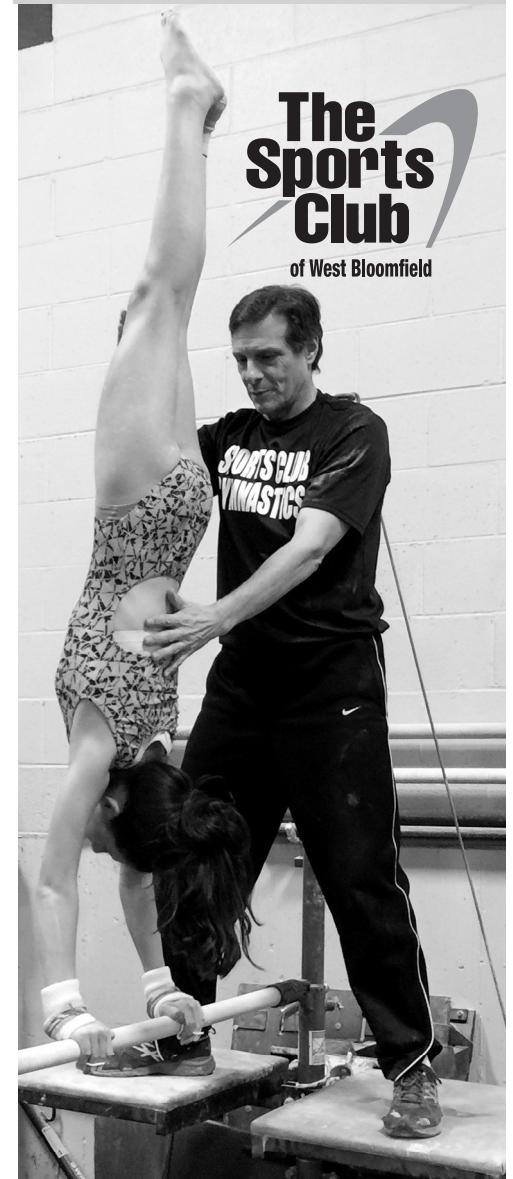
Cost 12 Weeks:	1st Day	2nd Day	3rd Day
Fitness Member	\$352	\$228	\$148
Tennis & Program Member	\$392	\$254	\$166



Private Instruction

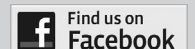
Need help with Back Handsprings, Back Tuck, Cheerleading skills and basic Gymnastics? Try a private lesson with one of our expert instructors.

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.