

# Gymnastics Stimulus

## Get Ten Classes For The Price of Five\*

\*Offer for preschool, recreational, and tumbling classes only.  
Both classes must be completed in the registered session.

**Session: (5 weeks)**

**Summer 1** Jun 21-Jul 24

**Summer 2** Jul 26-Aug 28

Our Goal is to provide a fun, safe, and positive learning environment for students of all ages and abilities. Gymnastics is a great way to improve your child's fitness level and it is also the foundation for all sports. Directed by Jami Kenyon USAG/USASF certified.

**Preschool** - All classes are 55 minutes\*

**Baby & Me (walking to 2 1/2 yrs, Parent/Child)**

\*Only 45 minutes

Tues 9:30 am

Wed 10:30 am

Sat 9:30 am

**Parent/Child - Ages 2 1/2 to 3 1/2**

Tues 10:30 am

Wed 9:30 am

Thurs 9:30 am

Sat 10:30 am

**Boys (only) - Ages 3 to 4**

Tues 1:00 pm 2:00 pm 5:30 pm

Wed 9:30 am 5:30 pm

Fri 10:00 am

Sat 10:30 am

**Boys (only) Preschool - Ages 5 to 6**

Tues 1:00 pm 2:00 pm 4:30 pm

Wed 10:30 am 6:30 pm

Fri 11:00 am

Sat 9:30 am

**Preschool - Ages 3 and 4**

Mon 9:30 am 10:30 am 1:00 pm 2:00 pm  
5:30 pm

Tues 10:30 am 2:00 pm 4:30 pm 6:30 pm

Wed 11:30 am 2:00 pm 4:30 pm 5:30 pm

Thurs 11:30 am 1:00 pm 4:30 pm 6:30 pm

Fri 9:00 am 9:30 am 10:00 am

Sat 9:00 am 10:00 am 11:00 am

**Preschool - Ages 5 and 6**

Mon 11:30 am 2:00 pm 6:00 pm

Tues 10:30 am 11:30 am 2:00 pm 6:00 pm

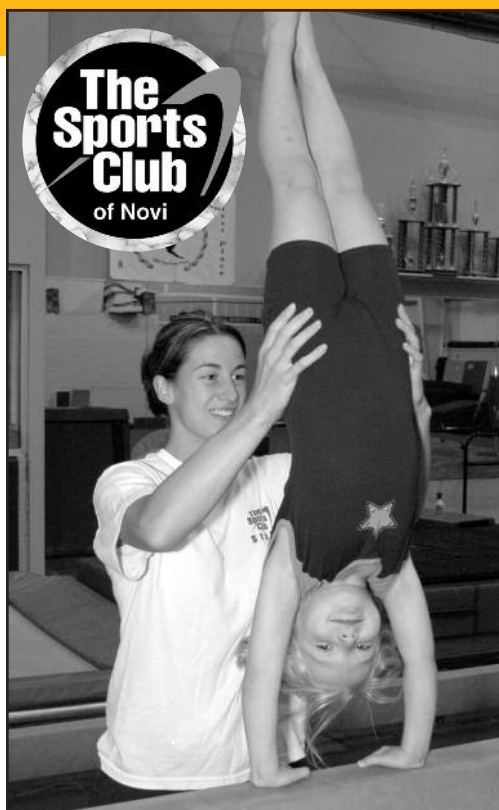
Wed 11:30 am 2:00 pm 4:30 pm 6:00 pm

Thurs 10:30 am 2:00 pm 4:30 pm 6:30 pm

Fri 9:30 am 10:30 am

Sat 10:00 am 11:00 am

Sun 12:30 pm



**Recreational** - Classes are 1 1/2 hours

**Boys (only) - Ages 6 and Up**

Mon 4:30 pm 6:30 pm

Tues 9:00 am 10:30 am

Wed 2:00 pm 6:00 pm

Sat 10:00 am 11:00 am

**Beginner - Ages 6-8**

Mon 10:30 am 5:00 pm 6:30 pm

Tues 10:30 am 4:30 pm 6:00 pm

Wed 2:00 pm 4:30 pm 6:00 pm

Thurs 12:30 pm 5:00 pm 6:30 pm

Fri 9:00 am 10:30 am

Sat 10:00 am 11:00 am

**Advanced Beginner - Ages 6-8**

Mon 10:30 am 5:00 pm 6:30 pm

Tues 10:30 am 4:30 pm 6:00 pm

Wed 2:00 pm 4:30 pm 6:00 pm

Thurs 12:30 pm 5:00 pm 6:30 pm

Fri 9:00 am 10:30 am

Sat 10:00 am 11:00 am

**Intermediate - Ages 6-8**

Mon 11:00 am 5:00 pm 6:30 pm

Tues 10:30 am 4:30 pm 6:00 pm

Wed 12:30 pm 5:00 pm 6:30 pm

Thurs 2:00 pm 4:30 pm 6:30 pm

Fri 10:30 am

Sat 10:30 am

**Open Gym!**  
Sat 6:00-8:00 pm  
Ages 6 and Up Register  
at the Service Center  
Ages 3-5  
Call for special  
dates & times



**Beginner - Ages 9 and Up**

Mon	10:30 am	5:00 pm	6:30 pm
Tues	10:30 am	4:30 pm	6:00 pm
Wed	12:30 pm	5:00 pm	6:30 pm
Thurs	9:30 am	5:00 pm	6:00 pm
Fri	9:00 am	10:30 am	
Sat	10:00 am	11:00 am	

**Advanced Beginner - Ages 9 and Up**

Mon	10:30 am	5:00 pm	6:30 pm
Tues	10:30 am	4:30 pm	6:00 pm
Wed	12:30 pm	5:00 pm	6:30 pm
Thurs	9:30 am	5:00 pm	6:00 pm
Fri	9:00 am	10:30 am	
Sat	10:00 am	11:00 am	

**Intermediate - Ages 9 and Up**

Mon	11:00 am	5:00 pm	6:30 pm
Tues	10:30 am	4:30 pm	6:00 pm
Wed	12:30 pm	5:00 pm	6:30 pm
Thurs	2:00 pm	4:30 pm	6:00 pm
Fri	10:30 am		
Sat	10:30 am		

**Advanced Girls Recreational (2 hours per day)**

(coach approval required)

Mon	6:30 pm
Thurs	6:30 pm
Sat	12:00 pm

**Stars Team (mandatory twice a week)**

Tues/Thurs	6:30 pm
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**Hot Shots (1 1/2 hours daily)**

(coach approval required, mandatory twice a week)

Tues/Thurs	12:00 pm	6:00 pm
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**Cost (Preschool, Recreational, Tumbling and Cheer classes):**

5 Weeks	45/55 minutes	1 hour	1 1/2 hours	2 hours	3 hours
<b>Fitness Members</b>	<b>\$73</b>	<b>\$75</b>	<b>\$95</b>	<b>\$115</b>	<b>\$155</b>
<b>Program &amp; Tennis Members</b>	<b>\$77</b>	<b>\$79</b>	<b>\$99</b>	<b>\$120</b>	<b>\$159</b>

**Tumbling for beginners to advanced levels.**

Skills designed for gymnasts, cheerleaders and dancers. USAG Certified instructors will direct and instruct each student in the progression necessary to develop strength, flexibility and coordination necessary to achieve tumbling stunts.

**Tumbling - 1 hour**

**Beginner - Ages 6 and Up**

Wed	6:00 pm
Sat	9:30 am

**Intermediate - Ages 8 and Up**

Wed	7:00 pm
Sat	10:30 am

**Advanced - Ages 10 and Up**

Wed	8:00 pm
Sat	11:30 am

**Back Handsprings Only - Ages 8 and Up**

Tues	7:30 pm
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**Back Tuck Only (Prerequisites-Back Handspring)**

Tues	6:30 pm
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**Cheer, Tumble and Stunting - 1 hour**

**Preschool Cheer - Ages 3-5 (only 55 minutes)**

Wed	4:30 pm
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**Beginning - Ages 6 and Up**

Wed	5:30 pm
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**Intermediate**

Wed	6:30 pm
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**Cheer Team - Pre-Team Classes - 1 1/2 hours**

**Mini-Pre-Team - Ages 5-8**

Mon	5:00-6:30 pm
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**Junior Pre-Team - Ages 9 and up**

Mon	6:30-8:00 pm
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# Gymnastic Camps

**Cheer, Dance & Tumble Day Camp**

**Ages 6-12**

Mon-Fri	9:00 am-3:00 pm
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The Cheer, Dance & Tumble Camp is designed for girls ages 6-12. The campers will experience cheerleading training, learn basic tumbling skills, work on dance routines, XRKade and fun-time in the pool. Participation will enhance flexibility, strength and coordination. Campers must bring lunch, shoes and swim gear.

**Sessions:** Jun 21-25 Jul 19-23 Aug 9-13

Cost (per child):	Week
<b>Fitness Members</b>	<b>\$230</b>
<b>Program &amp; Tennis Members</b>	<b>\$240</b>

**Gymnastics & Tumble Camps**

**One week sessions, Mon-Thurs**

Jun 21-24	Jul 19-22	Aug 16-19
Jun 28-Jul 1	Jul 26-29	
Jul 5-8	Aug 2-5	
Jul 12-15	Aug 9-12	

**Ages 4-6 (1 1/2 hours)**

Mon-Thurs	12:30-2:00 pm
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**Ages 7-9 (2 hours)**

Mon-Thurs	12:30-2:30 pm
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**Ages 10-12 (2 hours)**

Mon-Thurs	12:30-2:30 pm
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**Ages 13 & Up (2 hours)**

Mon-Thurs	12:30-2:30 pm
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Cost (per child):	1 1/2 hours	2 hours
<b>Fitness Members</b>	<b>\$70</b>	<b>\$83</b>
<b>Program &amp; Tennis Members</b>	<b>\$75</b>	<b>\$88</b>