

Gymnastics Inc

2020-2021 Schedule

Mom, Dad

& Me

17 Months- 3 years

old

Tuesday 12:00-12:30

Preschool

3-5 years old (not yet in kindergarten)

Tuesday 12:30 - 1:20

Tuesday 6:00 - 6:50

Thursday 6:00 - 6:50

Saturday 10:00-10:50

Rollers

Designed for a beginner gymnast

Tuesday 4:00 - 4:50

Thursday 5:00 - 5:50

Saturday 11:00-11:50

Kippers

Advanced beginner; successfully completed Rollers.

Tuesday 5:00 - 5:50

Thursday 4:00 - 4:50

Flippers

Designed for an intermediate gymnast who successfully completed Kippers.

Monday 5:00- 6:30

Twisters

Advanced intermediate gymnast who successfully completed Flippers.

Friday 5:00-6:30

Ninja Inc

Co-ed (Ages 5 & up)

Fun, fast moving training designed to develop participants' strength, balance and flipping abilities through obstacle courses, plyo training and more.

Wednesday 5:30-6:20

Beginning Tumbling

Monday 6:30-7:20

Designed to introduce the fundamental elements of tumbling.

Beginning/Intermediate Tumbling

Saturday 9:00am-9:50am

Builds off basic tumbling skills with a focus on combination passes, back handsprings and saltos.

Intermediate/Advance Tumbling

Tuesday 7:00-7:50

Development into more advance saltos ie layouts, twisting and more.

Fall Session	August 17 th , 2020 – November 16 th , 2020
Winter Session	November 17 th , 2020 – February 27 th , 2021
Spring Session	March 1 st , 2021 – June 7 th , 2021

****Class schedules may be subject to change****
Classes do require a minimal number of students to be maintained

Class Prices

Class Length	Price Per Month (4 weeks)	Session Package (12 weeks)
30 Minutes	\$30	\$85
50 Minutes	\$70	\$200
90 Minutes	\$90	\$250

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