

RECREATIONAL class descriptions

Major skills required for promotion to the next grouping of skill levels include (but are not limited to...)

LEVEL 1/2:

Chin-Up Pullovers (w/ wedge mat) & Casts with good form on Bars, Coupe Walks & Arabesques on beam, Cartwheels, Backward Rolls, & Bridges on Floor (60 min 1x/wk).

LEVEL 3/4:

Chin-Up Pullovers & Back Hip Circles on bars, Releve Walks and Handstands on low beam, Pike Rolls and Handstands on Floor (90 min 1x/wk).

LEVEL 5/6:

Front/Back Cuts & Mill Circles on bars, 3/4 Handstands on beam, Round-offs and Handstand Forward Rolls on Floor (90 minutes 2x/week).

LEVEL 7/8:

Single Leg Shoot Throughs & Front Hip Circles on bars, Handstand/Side Handstand Dismounts on beam, Back Handsprings on Floor (120 min 2x/week).

BOYS STRENGTH AND CONDITIONING:

Class for boys 5 and up focusing on flexibility, strength and coordination taught through tumbling skills and conditioning games (60 min 1x/week).

OTHER INFORMATION

In order to secure a spot in any of our classes, we must receive a completed registration form, signed waiver, tuition payment, and an annual registration fee.

We do NOT re-enroll students automatically, nor do we maintain a priority registration system. Spots are filled on a first-come, first serve basis.

Gymnastics and cheerleading students wear leotards or shorts/tee shirts (jeans, skirts, or other loose clothing and jewelry are not permitted)

Unfortunately, we do not offer any type of make up class. No exceptions!

class	class days/TIMES REQUESTED			
	Mon	Tues	Wed	Thurs
Rec 1/2	3:30 4:30	3:45 5:30	3:30 4:00	3:45 4:45
Rec 3/4	3:30 4:45	3:30 5:00	3:30 4:30	3:30 5:00
Rec 5/6	3:30	5:00	3:45 4:45	3:45 5:15
Rec 7/8	4:30	4:30	4:30	4:30
Boys Strength & Conditioning		6:00		6:00

class	TUITION SCHEDULE			
	Session #1 (Aug 16th-Oct 11th) 8 Week Session	Session #2 (Oct 14th - Dec 16th) 8 Week Session	Registration Fee (Renew in August each year)	Both Sessions and Reg. Fee
Rec. 1/2	\$ 130	\$ 130	Single \$75 Family \$100	Single \$335 Family \$360
Rec. 3/4	\$ 196	\$ 196	Single \$75 Family \$100	Single \$467 Family \$492
Rec. 5/6	\$ 230	\$ 230	Single \$75 Family \$100	Single \$535 Family \$560
Rec. 7/8	\$ 248	\$ 248	Single \$75 Family \$100	Single \$571 Family \$596
Boys	\$ 130	\$ 130	Single \$75 Family \$100	Single \$335 Family \$360

Mom's Name _____ Cell Phone # _____
 Dad's Name _____ Cell Phone # _____
 Mailing Address _____ City _____ Zip Code _____
 Home Phone # _____ E-mail address _____
 Emergency Contact Name _____ Phone # _____
 How did you hear about us? _____

First child's name _____
 Birthdate ____/____/____
 Male _____ Female _____
 Class Level _____
 *Please note that Rec 5/6 & up must register for 2 days!
 First choice class day _____ Time _____
 *2nd day _____ Time _____
 Second choice class day _____ Time _____
 *2nd day _____ Time _____

First child's name _____
 Birthdate ____/____/____
 Male _____ Female _____
 Class Level _____
 *Please note that Rec 5/6 & up must register for 2 days!
 First choice class day _____ Time _____
 *2nd day _____ Time _____
 Second choice class day _____ Time _____
 *2nd day _____ Time _____

**Does your child have any special needs we should be aware of? _____