



# Summer Classes

Summer Session 1: June 3-June 28

Summer Session 2: July 15-August 9

## **Class Days & Times**

### **Developmental 1      \$55**

This is a one hour beginner level class. This group will work on backward rolls, cartwheels, handstands, pullovers, back-hip-circles, swings, walks on high and low balance beams, hitting the springboard correctly and vaulting.

Tuesday 4:00-5:00 pm

Tuesday 6:00-7:00 pm

Wednesday 11-12pm

### **Developmental 2      \$55**

This is a one hour intermediate level class for children who have mastered the basics. This group is ready to work on backbend kick overs, round-offs, handstand forward rolls, front limbers, pullovers, back-hip circles, shoot through, cartwheels and handstands on the balance beams and handstand flat backs on the pit.

Tuesday 5:00-6:00 pm

### **JO 1/2      \$80**

This is a 2 hour class for those wanting more gymnastics training per week. The class will combine the skills listed for Developmental 2 and 3 classes. The additional hour of training will allow longer time on each event.

Wednesday 9:00-11:00 am

### **3 & 4 Year Olds      \$45**

This is a 40 minute entry level gymnastics class. This group will work on basic motor skills, forward rolls, basic swings/hangs on the bar, walks on high beam and beam mounts/dismounts

Tuesday 5:00-5:40 pm

### **5 Year Olds      \$45**

This is a 40 minute class. This group will be working cartwheels, bridges, pivot turns and jumping on the beam, pullovers and bars waling up a wall and spotted back-hip-circles.

Tuesday 6:00-6:40 pm

### **Middle/High School Training      \$185**

This class is for any area Middle School or High School gymnast wanting to work on skills for the upcoming school season.

Tuesday and Thursday  
9:00-12:00pm



# Summer Classes

Summer Session 1: June 4-June 29

Summer Session 2: July 16-August 10

*\*Team classes are by invitation only*

<b><u>Level 2</u></b>	<b><u>\$125</u></b>	Monday/Friday 8:00-11:00 am
<b><u>Level 3</u></b>	<b><u>\$165</u></b>	Monday/Friday 8:00-12:00 pm
<b><u>Level 4</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00 pm
<b><u>Level 6</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00 pm
<b><u>Level 7</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00pm
<b><u>Level 8</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00
<b><u>Level 9</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00
<b><u>Level 10</u></b>	<b><u>\$245</u></b>	Monday/Wednesday/Friday 8:00-12:00 & Tuesday 3:00-6:30 pm
<b><u>Xcel Bronze</u></b>	<b><u>\$125</u></b>	Tuesday/Thursday 8:00-11:00 am
<b><u>Xcel Silver</u></b>	<b><u>\$125</u></b>	Tuesday/Thursday 8:00-11:00 am
<b><u>Xcel Gold</u></b>	<b><u>\$165</u></b>	Monday/Friday 8:00-12:00 pm
<b><u>Xcel Platinum</u></b>	<b><u>\$165</u></b>	Tuesday/Thursday 8:00-12:00 pm
<b><u>Xcel Diamond</u></b>	<b><u>\$210</u></b>	Monday/Wednesday/Friday 8:00-12:00 pm