



Home of 2012 & 2016 Olympian Steven Gluckstein
Come be a part of the Olympic movement!

Gymnastics Program

Ages: 5-7 8-10

Entails: 15 minutes Tumbling (springfloor)
 15 minutes Bars/Parallel Bars
 15 minutes Balance Beam/Rings
 15 minutes Vault
 15 minutes Trampoline
 15 minutes Mini-Trampoline/Double Mini-Trampoline
 (60 minutes total: rotating events weekly)

The Gymnastics Program is for athletes that don't want to train in one specific event. Athletes will learn to somersault, tumble, strength and coordination on events such as bars & rings, balance, body and aerial awareness. Skills that will be learned are **handstands, supports, rolls, hangs & holds, cartwheels, leaps, tuck, pike, and straddle jumps, walkovers, handsprings**, running and **jumping mechanics, strength, flexibility, and flips** to name a few. This 60-minute class will use all the equipment in the gym including trampolines, bars, rings, balance beams, mats (wedges, barrels, panel mats, etc), spotting harness, spring floor, mini trampolines, double-mini trampoline, springboards, resi-mats, blocks, and more. Our diverse and knowledgeable staff brings world class coaching and spotting with decades of international and Olympic experience.

Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7 yrs	5:00-6:00 (BOYS)	5:00-6:00	5:00-6:00	5:00-6:00	3:50-4:50	11:00-12:00
8-10 yrs	3:50-4:50	3:50-4:50	5:00-6:00	5:00-6:00 6:30-8:00 (BOYS)	5:00-6:00	10:00-11:00

*Check with front desk if class is available as some may already be full

*Pricing & Discounts on back of paper

Pricing:

	Fall 1 (8 weeks) [9/4-10/27]	Fall 2 (8 weeks) [10/29-12/22]	Winter 1 (9 weeks) [1/2-3/2]	Spring 1 (8 weeks) [3/4-4/27]	Spring 2 (9 weeks) [4/29-6/29]	Summer 1 (9 weeks) [7/1-8/29]
1 hour class	\$188	\$188	\$212	\$188	\$212	\$212

*There is an addition \$50 registration fee due once per year

****Fall 1** Monday classes will be prorated for 7 weeks due to Labor Day

*****Fall 2** Thursday classes will be prorated for 7 weeks due to Thanksgiving

******Winter 1** Monday & Tuesday classes will be prorated for 8 weeks due to New Year's Day

*******Spring 2** Monday classes will be prorated for 8 weeks due to Memorial Day

Discounts:

-Referral Program

(\$15 off of your next term's tuition for every new member sign up referred by you)

-Second Class

(20% off your second class of the same term)

-Siblings

(receive 10% off your second child's tuition and 15% off for every child after that)

-Members Open Bounce

(\$5 off Open Bounce if you are a current registered student)

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