

Gymnastics Classes

KIDS-N-MOTION - GYMNASTICS 5 & UNDER

<u>Day</u>	<u>Time</u>	<u>Room</u>
19 mo.— 3 yrs. (Parent Participation)		
TH	10:30-11:20	G
Sat	9:00-9:50	G

3 & 4 years (Must be 3 by June 1, 2009)

M	4:30-5:20	G
T	9:30-10:20	G
T	10:30-11:20	G
T	6:00-6:50	G
TH	9:30-10:20	G
TH	10:30-11:20	G
Sat	9:00-9:50	G
Sat	10:00-10:50	G

4 & 5 years (Must be 4 by June 1, 2009)

M	3:30-4:20	G
TH	9:30-10:20	G
TH	6:00-6:50	G
Sat	9:00-9:50	G
Sat	10:00-10:50	G

4 & 5 years Gym Stars (Must be 4 by June 1, 2009)

M	10:30-11:20	G
T	10:30-11:20	G
T	6:00-6:50	G
TH	3:30-4:20	G
Sat	9:00-9:50	G
Sat	10:00-10:50	G

3-5 years (Must be 3 by June 1, 2009)

Sun	1:00-1:50	G
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4-6 years (Must be 4 by June 1, 2009)

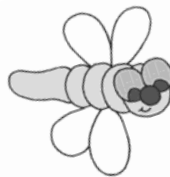
Sun	2:00-2:50	G
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Boys Only 4 & 5 years (Must be 4 by June 1, 2009)

M	5:00-5:50	G
Sat	10:00-10:50	G

4-5 years Adv. Girls (Teacher Placement)

M	9:15-
10:30	G
T	1:45-
3:00	G



RECREATIONAL - GYMNASTICS 6 & OVER

<u>Day</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>	
<u>BOYS GYMNASTICS</u>				
Open	6+	M	3:30-4:45	G
Open	6+	T	4:45-6:00	G
Open	6+	W	3:30-4:45	G
Open	6+	W	4:45-6:00	G
Open	6+	TH	3:45-5:00	G
Open	6+	Sat	11:00-12:15	G
Open	6+	Sun	3:00-4:15	G

GIRLS RECREATIONAL TEAM GYMNASTICS

Open	6+	M	5:30-7:30	G
Open	6+	W	4:00-6:00	G

OPEN TUMBLING

Open	6+	W	6:00-7:30	G
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GIRLS RHYTHMIC GYMNASTICS

1	5+	T	3:30-4:45	G
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GIRLS ARTISTIC GYMNASTICS

1	6+	M	3:30-4:45	G
1	6+	T	4:45-6:00	G
1	6+	T	6:00-7:15	G
1	6+	W	3:30-4:45	G
1	6+	Sat	11:00-12:15	G
2	6+	M	4:45-6:00	G
2	6+	T	3:30-4:45	G
2	6+	TH	4:45-6:00	G
2	6+	Sat	11:00-12:15	G
2 Adv.	6+	M	3:30-4:45	G
2 Adv.	6+	W	4:45-6:00	G
3 Adv.	6+	T	1:00-3:00	G
3 Adv.	6+	TH	1:00-3:00	G
3	6+	T	4:45-6:00	G
3	6+	TH	3:30-4:45	G
3	6+	Sat	11:00-12:15	G
4	6+	T	3:30-4:45	G
4	6+	TH	4:45-6:00	G



Gymnastics Classes

Established more than 25 years ago, Westside Academy proudly offers one of the premier gymnastics facilities in Oregon - 10,000 square feet of USA Gymnastics certified events training. Westside Academy looks forward to providing your child with safe, challenging gymnastics instruction, from beginning recreational on up to competitive team. Our annual "Mini Olympics" exhibition held in June gives all students a chance to demonstrate their progress. Westside Academy is also the home of the Westside Girls, Boys and Rhythmic Gymnastics Competitive Teams. Westside Competitive Teams have had great success at the state, regional and national level. Gymnastic meets are held throughout the year at Westside. See Calendar of Events for dates. The Academy's qualified and experienced teaching staff provides instruction to children of all ages, helping them learn coordination and confidence. Our instructors attend National and Regional gymnastics clinics and seminars to stay up-to date on current trends in sports instruction, passing along to your child the extra edge to be a WINNER!



CLASS DESCRIPTIONS

Gymnastics (Kids-N-Motion): Class focus is on strength, flexibility, balance, coordination & pre gym skills while discovering movement and activities on all gymnastics apparatus.

Gymnastics (Parent Participation): Designed especially for the toddler to build confidence & gross motor skills through music and movement while exploring pre-gymnastics skills.

Gym Stars: This class is designed for students with previous gymnastics training. These students will work on basic and intermediate skills.

Boys & Girls Gymnastics: Class focus is on teaching proper basics for Beginning to Advanced levels on all Olympic Gymnastics events.

Rhythmic Gymnastics: Students will learn dance & tumbling skills while using hoops, balls, ribbons, clubs & ropes.

Open Tumbling: Designed to teach the proper progressions, flexibility and training to gymnasts who are wanting to learn beginning to advanced floor skills.

GIRLS RECREATIONAL TEAM

If you have a competitive streak but can only come to class once a week, this is the class for you. This will be an open level class where students focus on proper progressions and technique, while putting together simple routines for fun competitions held during the school year. Routines will be choreographed according to each student's skill level.

GYMNASTICS CLASS TUITION

50 min - 1 hour per week	\$ 63.00 month
1 hour & 15 minutes per week	\$ 78.00 month
1 hour & 30 minutes per week	\$ 94.00 month
2 hours per week	\$126.00 month
Each additional family hour	\$ 35.00 month

\$25.00 Family Membership due at time of registration.

If your family is enrolled in both dance and gym you will receive 1/2 off the lesser cost of your 3rd hour of class.

Membership: A one-time family membership fee of \$25.00 includes full membership to all programs in the facility. A \$10.00 re-start fee will be charged to members that have dropped and wish to re-register at a later date.

GYMNASTICS DRESS CODE

(Please do not wear anything to class that is not listed below)

No Jewelry

- Males:** Gym shorts, fitted T-Shirts, tank tops or warm ups. No jeans.
- Females:** Any color or print leotard, bike shorts. No tights or skirts.
- Hair:** Hair should be pulled back away from face or put in a ponytail.



OPEN GYM!

Ages 6 & up

(No parents allowed in gym)

Saturdays ~12:30-2:00

Members: \$7.00 each or \$10.00 per family
Non-Members: \$9.00 each or \$13.00 per family

Dance & Gymnastics Accelerated Classes



Note: All classes on these two pages are Teacher Placement only.



	<u>Day</u>	<u>Time</u>	<u>Room</u>	
<u>PERFORMANCE GROUPS CLASSES</u>				
Mini Pre-Co	T	W	4:30-5:30	A
	B/J	F	12:00-2:00	CC
Jr Pre-Co	T/J	M	12:30-3:00	BB
	J/B	TH	6:00-8:00	AA
Sr Pre Co	T/J	T	7:00-9:00	AA
	B/J	F	11:00-1:30	CB

ELITE ACRO TECHNIQUE

Acro Express Tech 1	T	9:00-10:00	TC
Acro Express Tech 2	T	9:00-10:30	TC
Elite Acro Tech 1	W	9:00-10:30	TC
Elite Acro Tech 2	T	10:30-12:00	TC
Elite Acro Tech 3	W	10:30-12:00	TC
Elite Acro Tech 4	TH	5:00-6:30	Gym
Jazz Tech Only	F	1:00-2:00	A

Ballet Company: An accelerated program for dancers who will receive extensive training in Ballet. Students must take an additional Ballet class each week. Company members will perform in the Nutcracker each winter.

Elite Acro/Express: An accelerated acrobatic performance group. Students take an additional Tap, Jazz or Ballet class in addition to their acrobatics class. Students will perform locally and regionally.

HipNotic/HipNotic Jr. Crew: An accelerated program for dancers who will receive extensive training in Hip Hop. They will perform and compete locally and regionally.

Northwest Fusion: A Pre-Professional company for dedicated dancers looking for intensive dance training that will prepare them for a professional dance career.

PC Optional Hip Hop: a class that will focus on Hip Hop technique and choreography. Recommended ages 8-12.

PC Optional Lyr/Contemp.: a class that concentrates on lyrical jazz and contemporary styles of dance. Recommended ages 8-12.

PC Optional Musical Theatre: a class that concentrates on performing musical theatre pieces of choreography. Recommended ages 8+.

Performing Company: A talented group of dancers who compete and perform locally and nationally. Performing Company includes Dance Force.

Pre-Company: Students are selected for a more extensive training in Tap, Jazz & Ballet. Members compete & perform locally.

Technique Intensive: A teacher placement class for serious dancers desiring more intense technical training to enhance their dance skills.



ACCELERATED GYMNASTICS CLASSES

Girls Gymnastics

	<u>Day</u>	<u>Time</u>	<u>Room</u>
Hot Shots B	M/W	1:00-2:30	G
Hot Shots A	T/TH	12:00-1:30	G
Mini Pre-Team	M/W	12:30-3:00	G
Pre-Team	M/W	12:30-3:30	G
Level 4B	M/TH	3:45-6:45	G
	W	2:00-5:00	G
Level 4A	M/TH	12:30-3:30	G
	T	2:00-5:00	G

Hot Shots: A developmental class focusing on strength, flexibility, and basic gymnastics positions.

Level 4: Gymnasts begin training level 4 competitive routines and participate in USAG competitions when ready.

Pre-Team Groups: Gymnasts work on perfecting their skills, strength & flexibility needed for competitive gymnastics.

Boys Gymnastics

Boys Pre-Team	T/TH	12:30-2:30	G
Jr. Trainers	M/W	3:00-5:00	G

Jr. Trainers/Pre-Team: A developmental class for gymnasts focusing on strength, flexibility, and basic gymnastics skills.

Rhythmic Gymnastics

Rising Stars Lv 3	T	12:00-1:00	TC
(2 hrs- \$126)	TH	12:30-1:30	TC
Future Stars Lv 4	M & TH	12:30-2:30	TC
(7 hrs-\$272) Ballet	T	1:00-2:00	D
	T	4:00-6:00	TC

Rising & Future Stars: Students are selected for a more extensive training in Rhythmic Gymnastics using hoops, balls, ribbons, clubs & ropes.

TRAINING CENTER (T/C)

9896 S.W. Tigard St. Tigard, OR 97223

Tigard Industrial Park

Directions:

Traveling West on Hwy. 99, turn left onto Main Street, turn right onto Tigard St. The Tigard Industrial Park is 4/10th's of a mile on the left. Drive straight to the end of the lot & take a right. The Training Center is the last door on the right.

Traveling East on Hwy. 99, turn right onto Main Street, turn left onto Tigard Street. The Tigard Industrial Park is 4/10th's of a mile on the left. Drive straight to the end of the lot and take a right. The Training Center is the last door on the right.

***New Students, please pre-register at the Academy's main office for all classes held at the Training Center.**

Performing Company & Gymnastics Teams

	<u>Day</u>	<u>Time</u>	<u>Room</u>
<u>WESTSIDE HIP HOP COMPANY</u>			
HipNotic Jr. Crew	F	12:00-1:00	A
HipNotic	W	7:30-9:00	B
Jazz Tech Only	F	1:00-2:00	A

<u>WESTSIDE BALLET COMPANY</u>			
Jr. Ballet Co A	M	3:30-4:30	C
Jr. Ballet Co. B	M	2:30-3:30	C
Teen Ballet Co A	T	6:00-7:00	C
Teen Ballet Co B	W	3:00-4:00	C
Senior Ballet Co.	TH	7:00-8:30	C

<u>WESTSIDE PERFORMING COMPANY</u>				
Tech 1	<i>B/J</i>	T	4:00-6:00	CB
4 hrs (\$184)	<i>T/J</i>	TH	4:00-6:00	CC
Tech 2	<i>T/J</i>	T	4:00-6:00	BC
5 hrs (\$216)	<i>B/J/T</i>	TH	12:30-3:30	CAA
Tech 3	<i>J/B/LT</i>	M	4:00-7:30	BAA
7 hrs (\$266)	<i>J/B/T</i>	W	12:30-4:00	BCB
Tech 4	<i>T/J/B</i>	T	12:30-4:00	AAC
7 hrs (\$266)	<i>LT/J/B</i>	TH	3:30-7:00	AAC
Tech 5	<i>B/J/HH/LT</i>	M	12:30-5:00	CAAA
8 hrs (\$282)	<i>T/J/B</i>	W	4:00-7:30	BBC
Dance Force	<i>J/T/B</i>	T	4:30-8:30	AAC
9.5 hrs (\$297)	<i>HH/LT/B</i>	TH	12:30-4:00	BBC
Perf. Prep	F	9:00-11:00	B	B
Technique Intensive	F	1:30-3:00	B	B

***LT = Leaps and Turns*

<u>NW FUSION DANCE CO</u> 10 hrs (\$302)			
Co class/Ballet	M	5:00-8:00	BC
Ballet/Tap/Co.Class	W	12:30-4:30	CAA
Co Class	F	2:30-5:30	TC

<u>PERFORMING CO. OPTIONAL CLASSES</u>			
Pre-Pointe	TH	8:00-9:00	B
Beg Pointe	W	7:30-8:30	C
Pointe A	T	8:30-9:30	C
Pointe B	TH	8:30-9:30	C
Accel. Pointe	M	8:00-9:00	C
PC Opt. <i>Hip Hop</i>	F	9:00-10:00	A
PC Opt. <i>Lyr./Contemp.</i>	F	10:00-11:00	A
PC Opt. <i>Mus. Theat.</i>	F	11:00-12:00	A
Flexibility	M	4:30-5:30	C
Flexibility	W	4:00-5:00	C
Conditioning & Flex	Sat	10:00-12:00	Gym
<i>(\$10 a class)</i>			

<u>P/CO DANCE INTENSIVE</u> (Aug 31-Sept 3)			
Tech 1	M	6:30-8:00	WDA
Tech 2,3	M-TH	9:00-12:00	TC
Tech 4,5	M-TH	12:15-3:15	TC
Dance Force/Fusion	M-TH	3:30-6:30	TC

*A one-week camp for our PC/Fusion students
who receive training with master teachers
from around the country .*

WESTSIDE RHYTHMIC GYMNASTICS TEAM

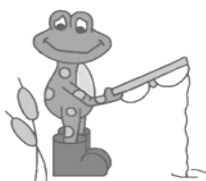
Level 5	M	12:00-2:30	TC
(8.5 hrs- \$287)	T (Ballet)	1:00-2:00	D
	W	3:00-5:30	TC
	F	12:00-2:30	TC
Level 6	M	9:00-12:00	T
(10.25 hrs- \$304.50)	T (Ballet)	2:00-3:15	D
	W	3:00-6:00	TC
	F	12:00-3:00	TC
Level 7B	M	12:00-3:30	TC
(11.75 hrs- \$315.75)	T (Ballet)	2:00-3:15	D
	W	12:00-3:30	TC
	F	9:00-12:30	TC
Level 7A-10	M	9:00-12:30	TC
(18.5 hrs - \$349.50)	T	12:00-4:00	TC
	W	12:00-4:00	TC
	TH	9:00-12:30	TC
	F	9:00-12:30	TC

WESTSIDE GIRLS GYMNASTICS TEAM

Level 5	M/W	1:00-5:00	G
(12 hrs-\$317)	F	10:00-2:00	G
Level 6	T/TH	1:00-5:30	G
(13.5 hrs-\$324.50)	F	10:00-2:30	G
Pre-Optionals	M/W/TH/F	9:00-1:00	G
(16 hrs-\$337.00)			
High Flyers	T	1:00-5:00	G
<i>Invitation only</i>			
Optionals A	M/T/W/TH	9:00-1:30	G
(20.5 hrs-\$359.50)	F	11:30-2:00	G
Optionals B	M /T/TH/F	12:30-4:30	G
(16 hrs-\$337.00)			
Optionals C	M/TH/F	1:00-5:00	G
(16 hrs-\$337.00)	T	9:00-1:00	G
Conditioning & Flex Sat		10:00-12:00	G
<i>(\$10 a class)</i>			

WESTSIDE BOYS GYMNASTICS TEAM

Level 4B	M/W	12:30-3:30	G
(6 hrs- \$260.00)			
Level 4A	M/W/TH	5:30-7:30	G
(6 hrs- \$260.00)			
Level 5	M/W/TH	3:00-5:30	G
(7.5 hrs- \$277.00)			
Levels 6-10	M/W	5:00-9:00	G
(21 hrs -\$362.00)	T/TH	4:30-9:00	G
	F	8:00-12:00	G



Westside Dance & Gymnastics Academy

Policy Sheet

Summer Business Hours:

Monday - Thursday	7:30 a.m.- 9:00 p.m.
Friday	7:30 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 2:00 p.m. <i>(after 2:00 p.m. open for private parties only.)</i>
Sunday	1:00 p.m. - 4:00 p.m. <i>(before 1:00 p.m. and after 4:00 p.m. open for private parties only.)</i>

Registration: A one-time family membership fee of \$25.00, includes full membership & member discounts to all programs in the facility. There will be a \$10.00 re-start fee for any member that drops and wishes to re-register.

Tuition: Tuition is based on 48 weeks of classes per year, an average of 4 weeks of classes per month. *(Some months you will have 5 classes and some months you will have 3.)* Tuition is due by the first day of the month. Customers are encouraged to enroll in the Electronic Funds Transfer System (EFT) through their checking account. Customers not enrolled in the EFT program will automatically be charged a \$25.00 late fee for balances past due after the 1st of the month.

Parking: Do not park in front of the door, along the yellow painted curbs or along the fire lane. Remember: *Children cannot be seen behind or in front of a parked car.* For everyone's safety, please use designated parking spots! Do not park behind the Westside Academy vans, they make many trips during regular business hours.

Missed Classes: Students are required to schedule make-up classes through the office. We do not pro-rate for missed classes. Make-up classes cannot be substituted for tuition payments. Students may use open gym as a make-up. You must be currently enrolled to take a make-up and make-up classes must be taken within a 2 month period or all make-ups are forfeited.

Adding, Dropping or Transferring Classes: The customer is responsible for notifying the office of any changes to their child's enrollment. This will keep your records updated. Written notification is encouraged.

NSF Payments: A \$35.00 fee will be charged to your account for each transaction that is returned "insufficient funds."

Notices: In our on-going effort to keep parents informed of upcoming events, classroom activities and general academy information, we put out an academy notice the first week of each month. Notices are passed out during class. Please stop by the office if at any time you do not receive one. Don't forget to check out our website at www.westsideacademy.com for important information.

Lost & Found: Please do not leave your personal items in the restroom. Westside Academy cannot be responsible for lost or stolen belongings. For those items left behind, we do have lost & found bins located in the restrooms.

Gymnastics Viewing Area: For our students safety as well as your own, we do not allow parents or students (not in class) to stand or sit in the gym during classes. The viewing area is designed for this purpose.

If you bring additional siblings with you, they must stay with you! Westside Academy cannot be responsible for children who are not in classes. Dance classes have special quarterly Parent Watch Weeks for parents to observe their child's progress.

Parent Watch Week: Parents of dance students are encouraged to attend watch week. You may bring your still and/or video camera. Our Summer Parent Watch Week date is August 24th-30th.

Photos: For the safety of our gymnasts, please do not take flash pictures or use video cameras with bright lights when taking pictures in the gym.

Wireless Internet Service: We now have Wireless Internet Service available here at the Academy.
The WEP Key is: 5036395388.

OUR MISSION

Providing a safe, fun, positive environment. Promoting creativity and fitness while inspiring students to achieve their goals.
Developing self-esteem by instilling the values of good sportsmanship, self-discipline, respect and accountability.
Enriching the lives of our students and the community through excellence in education, dance and gymnastics.

Safety is everyone's responsibility - we care
Quality education and training

Excellence and integrity - the "Westside Way"
Listening with results

Calendar of Events

May 2009

- 1-31 Recital Ticket Presale at Westside
- 1 "First Friday" Kids Camp 9:00-12:00 ages 3-5
- 2 "First Saturday" Dance Camp 1:30-4:30 ages 6-12
- 2-9 Gym Class "Picture Week" - Pictures will be taken during class in your Mini Olympic Uniform
- 5 "First Sunday" Extreme Acro 1:00-3:00 ages 5+
- 10 CLOSED - Mother's Day - No Birthday Parties
- 11-17 Dance Class "Picture Week" - Pictures taken during class in your Recital Costume
- 23-25 CLOSED - Memorial Day Weekend

June 2009

- 1 Recital Tickets on Sale at TicketMaster
- 5 "First Friday" Kids Camp 9:00 - 12:00 ages 3-5
- 6-12 Dance Department "Parent Watch Week"
- 6 Last day of Open Gym
- 7 "First Sunday Extreme Acro 1:00-3:00 ages 5+
- 9 Last day of Indoor Play Park
- 10 Last day of Extended Care
- 11/12 Last day of Preschool Classes, Annual Picnic
- 13/14 "Mini Olympics" - Gymnastics Department
No Open Gym, PNO or Birthday Parties
- 13 Last Day of Dance Classes
- 15 Summer Camps Begin
- 15-20 Dress Rehearsal & Dance Recital Performances
- 15-20 No Dance Classes. Dress rehearsal & Recital for all dance students in lieu of classes.
- 20 Last day of Gymnastics classes
- 20 Closed for Open Gym Parties & Parents Night Out
- 21 CLOSED - Father's Day- No Birthday Parties
- 22-26 Summer Camps. No Gym or Dance Classes
- 27-28 Closed for Parties and Parents Night Out
- 29-7/2 Summer Camps
- 29-30 Office Open 8:00 am - 6:00 pm

July 2009

- 1-2 Summer Camps
- 1-2 Office Open 8:00 am-6:00 pm
- 3-5 Office Closed (Happy 4th of July)- No parties or Parents Night Out
- 6 Summer Classes Begin

August 2009

- 12 Fall Registration Begins.
- 23 Girls Rec Team Home Meet 4:00pm
- 24-30 Dance Department "Parent Watch Week"
- 28 Preschool Open House 5:00-6:30pm
- 30 Last day of Summer Classes
- 31-Sept 3 PC Dance Intensive at TC
- 31-Sept 4 No Classes. Office Open 8:00 am - 6:00 pm

* Parents Night Out *



Saturdays 6:30 p.m. - 10:00 p.m. Ages 4 ~ 12

- Members \$20.00 per child**
- \$30.00 for 2 children**
- Non-Members \$23.00 per child**
- \$33.00 for 2 children**

Let your kids enjoy non-stop fun in the gym. Jump in the foam pit, bounce on the trampoline, and play in the bounce house. Practice your gymnastics skills and learn some new games. For added enjoyment, activities such as dress up, crafts, and dancing are occasionally offered.

Pizza will be served for an additional \$5.00 per child!

Pre Registration is requested.



PARTY PACKAGES

(Gymnastics or Dance)

Gymnastics Party— Up to 10 Children (1 instructor)

Members	\$160.00
Non-Members	\$170.00

Gymnastics Party—11-20 Children (2 instructors)

Members	\$195.00
Non-Members	\$205.00

Gymnastics Party—21-30 Children (3 instructors)

Members	\$230.00
Non-Members	\$240.00

Hannah Montana &/or Hip Hop Dance Hits Party

Up to 10 Children - (1 instructor)

Members	\$175.00
Non-Members	\$185.00

Each additional guest (up to 3 only): \$6.00 more

Princess Dance Party—Up to 10 Children

(1 instructor)

Members	\$175.00
Non-Members	\$185.00

Each additional guest (up to 3 only): \$6.00 more

Basic Party Package (includes invitations)

- 45-55 fun-filled minutes in the gym or dance room
- 35-45 minutes to celebrate in a party room



Pro - Shop

Check out our Pro-Shop for all your Dance, Gymnastics Apparel & Footwear needs!

Don't forget Westside Pro-Shop can special order items for dance teams and school theatre groups.

