

Gymnastics Information

KIDS-N-MOTION - GYMNASTICS 4 & UNDER

(as of 9/1/11 for all ages groups)

18-30 months

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
Toddler Gymnastics	T	9:30-10:20	G
Toddler Gymnastics	Sat	9:00-9:50	G

30-36 months

Toddler Gymnastics	F	10:30-11:20	G
Toddler Gymnastics	Sat	10:00-10:50	G

3 Year Olds

Gymnastics	M	9:30-10:20	G
Gymnastics	M	2:00-2:50	G
Gymnastics	T	10:30-11:20	G
Gymnastics	W	10:30-11:20	G
Gymnastics	Th	9:30-10:20	G
Gymnastics	Th	2:00-2:50	G
Gymnastics	F	9:30-10:20	G
Gymnastics	F	10:30-11:20	G
Gymnastics	Sat	9:00-9:50	G
Gymnastics	Sat	10:00-10:50	G
Gymnastics	Su	1:15-2:05	G
Gymnastics/Dance	M	10:30-11:20	G

4 Year Olds

Gymnastics	M	9:30-10:20	G
Gymnastics	M	6:00-6:50	G
Gymnastics	T	9:30-10:20	G
Gymnastics	T	10:30-11:20	G
Gymnastics	W	2:00-2:50	G
Gymnastics	Th	10:30-11:20	G
Gymnastics	Th	1:00-1:50	G
Gymnastics	Th	4:00-4:50	G
Gymnastics	F	10:30-11:20	G
Gymnastics	Sat	9:00-9:50	G
Gymnastics	Sat	10:00-10:50	G
Gymnastics	Sat	11:00-11:50	G
Gymnastics	Su	2:30-3:20	G
Gymnastics/Boys only	T	1:00-1:50	G
Gymnastics/Dance	F	9:30-10:20	G
Gym Stars-Level 2	M	10:30-11:20	G
Gym Stars-Level 2	M	2:00-2:50	G
Gym Stars-Level 2	T	2:00-2:50	G
Gym Stars-Level 2	Th	9:30-10:20	G
Gym Stars-Level 2	Sat	9:00-9:50	G
Gym Stars-Level 2	Sat	11:00-11:50	G
Girls Hot Shots -Level 3	W	12:30-1:45	G
Girls Hot Shots- Level 3	Th	3:45-5:00	G
Boys Hot Shots- Level 3	T/Th	1:30-3:00	G

If you cannot find a class time to accommodate your schedule contact Stephanie Scruggs at: sscruggs@westsideacademy.com

GYMNASTICS DRESS CODE

Males: Elastic gym shorts, fitted T-Shirts, tank tops, warm-ups.

Females: Any color or print leotard, gymnastic shorts. No tights, skirts, jewelry or jeans. Hair should be in a braid, bun or ponytail.

KNM CLASS DESCRIPTIONS

Toddler Gymnastics- Parent Participation: This class is designed for the parent and child to take class together in a fun environment. Class will focus on locomotors skills, hand-eye coordination and basic skills on all apparatus. Educating parents on spotting and progressions will also be incorporated.

3 year olds Gymnastics: First class flying solo (*without parents*)!! This class will work on strength, flexibility, balance, coordination, basic shapes and body awareness. Gaining an understanding of class structure, moving through circuits, following directions and taking turns. Pre-basic gymnastic skills— (donkey kicks, monkey jumps and age-appropriate gymnastics terminology).

4 year olds Gymnastics: Motor skills are more refined and children learn basic gymnastics skills. Cartwheels, rolls, hand-stands as well as more difficult strength, flexibility and balance drills.

Gymnastics/Dance: This class will work on tap dancing skills in our dance room and then move into our gym to work on basic gymnastics skills on all the different apparatus.

Gym Stars: Students are required to have at least six months of previous gymnastics experience. Motor and gymnastics skills will be more refined as well as more difficult strength, flexibility and balance drills.

Hot Shots Accelerated Classes for the younger gymnast. These classes will focus on building a solid foundation of core strength, flexibility, shaping and basic skills necessary for advanced gymnastics.

SPECIAL PROGRAMS

Mini Olympics Watch your gymnast shine June 9th & 10th at our annual Exhibition here at the Academy. Students showcase routines and skills on several events. All Students are encouraged to participate. \$60 participation fee includes uniform, trophy and family admission. Participation fee will be automatically deducted with March EFT. All uniforms will be worn for Picture week, May 6th - 12th.

Indoor Play Park: Children, ages 6 and under, enjoy free time in the gym with a parent or responsible adult. The Indoor Play Park is available Monday, Tuesday and Friday from 11:30 am - 12:30 pm. Try our Zip-Line, play in the Bounce Castle, bounce on the Trampoline and jump into the Foam Pit. A perfect way to get those wiggles out on a rainy day!

Members \$5.00 each or \$8.00 per family
Non-members \$6.00 or \$10.00 per family

Lunch Bunch: Available to all Preschool aged students. Bring your own lunch and enjoy supervised, creative play and open gym time! Available Monday thru Friday from 12:00-1:30 pm. \$10.00 for 1 1/2 hours.

Gymnastics Information

RECREATIONAL GYMNASTICS 5 & Older (of age by 9/1/11)

Class	Level	Day	Time	Room
<u>5-6 year olds</u>				
Girls Gymnastics	1	T	9:30-10:20	G
Girls Gymnastics	1	M	3:00-4:15	G
Girls Gymnastics	1	M	3:30-4:45	G
Girls Gymnastics	1	M	4:45-6:00	G
Girls Gymnastics	1	T	3:30-4:45	G
Girls Gymnastics	1	W	3:45-5:00	G
Girls Gymnastics	1	W	6:15-7:30	G
Girls Gymnastics	1	Th	3:15-4:30	G
Girls Gymnastics	1	Th	3:45-5:00	G
Girls Gymnastics	1	Sat	9:30-10:45	G
Girls Gymnastics	1	Su	2:30-3:45	G
Girls Gymnastics	2	T	3:30-4:45	G
Girls Gymnastics	2	Sat	12:30-1:45	G
Girls Gymnastics	2	Sun	1:15-2:30	G
Girls Gymnastics	2	Su	4:00-5:15	G
Rhythmic Gymnastics	1&2	M	3:45-5:15	TC
Rhythmic Gymnastics	1&2	Th	3:45-5:15	TC
Boys Gymnastics	1&2	M	3:30-4:45	G
Boys Gymnastics	1&2	T	3:30-4:45	G
Boys Gymnastics	1&2	W	3:45-5:00	G
Boys Gymnastics	1&2	Sat	9:30-10:45	G
Boys Gymnastics	1&2	Su	1:15-2:30	G
<u>7-9 year olds</u>				
Girls Gymnastics	1	M	3:30-4:45	G
Girls Gymnastics	1	M	4:45-6:00	G
Girls Gymnastics	1	T	3:30-4:45	G
Girls Gymnastics	1	T	4:45-6:00	G
Girls Gymnastics	1	W	5:00-6:15	G
Girls Gymnastics	1	Th	3:15-4:30	G
Girls Gymnastics	1	Th	3:45-5:00	G
Girls Gymnastics	1	Th	5:00-6:15	G
Girls Gymnastics	1	F	3:45-5:00	G
Girls Gymnastics	1	S	1:00-2:15	G
Girls Gymnastics	1	Sat	10:45-12:00	G
Girls Gymnastics	2	M	3:30-4:45	G
Girls Gymnastics	2	M	6:00-7:15	G
Girls Gymnastics	2	T	3:30-4:45	G
Girls Gymnastics	2	W	3:45-5:00	G
Girls Gymnastics	2	Th	3:45-5:00	G
Girls Gymnastics	2	F	5:00-6:15	G
Girls Gymnastics	2	Sat	9:30-10:45	G
Girls Gymnastics	2	Sat	1:00-2:15	G
Girls Gymnastics	2	Sun	1:15-2:30	G
Girls Gymnastics	3	M	3:30-4:45	G
Girls Gymnastics	3	M	6:00-7:15	G
Girls Gymnastics	3	T	4:45-6:00	G
Girls Gymnastics	3	W	5:00-6:15	G
Girls Gymnastics	3	W	6:15-7:30	G
Girls Gymnastics	3	Th	5:00-6:15	G
Girls Gymnastics	3	Sat	10:45-12:00	G
Girls Gymnastics	4	T	6:00-8:00	G
Girls Gymnastics	4	Th	5:00-7:00	G
Girls Gymnastics	4	Su	1:15-3:15	G
Rhythmic Gymnastics	1&2	M	4:00-5:00	TC
Boys Gymnastics	1&2	M	4:45-6:00	G
Boys Gymnastics	1&2	W	5:00-6:15	G
Boys Gymnastics	1&2	Th	4:45-6:00	G
Boys Gymnastics	1&2	F	3:45-5:00	G
Boys Gymnastics	1&2	Sat	10:45-12:00	G
Boys Gymnastics	1&2	Sun	1:15-2:30	G

RECREATIONAL GYMNASTICS 5 & Older (of age by 9/1/11)

Class	Level	Day	Time	Room
<u>10-14 year olds</u>				
Girls Gymnastics	1	M	4:45-6:00	G
Girls Gymnastics	1	W	6:15-7:30	G
Girls Gymnastics	1	Sat	2:15-3:30	G
Girls Gymnastics	2	M	4:45-6:00	G
Girls Gymnastics	2	T	4:45-6:00	G
Girls Gymnastics	2	Th	6:15-7:30	G
Girls Gymnastics	3	M	6:00-7:15	G
Girls Gymnastics	3	W	5:00-6:15	G
Girls Gymnastics	3	Th	5:00-6:15	G
Girls Gymnastics	3	S	12:00-1:15	G
Girls Gymnastics	4	T	6:00-8:00	G
Girls Gymnastics	4	Th	5:00-7:00	G
Girls Gymnastics	4	Su	1:15-3:15	G
Rhythmic Gymnastics	1&2	M	4:00-5:00	TC
Boys Gymnastics	1&2	M	4:45-6:00	G
Boys Gymnastics	1&2	W	5:00-6:15	G
Boys Gymnastics	1&2	Th	4:45-6:00	G
Boys Gymnastics	1&2	F	3:45-5:00	G
Boys Gymnastics	1&2	Sat	10:45-12:00	G
<u>12 years and older</u>				
Co-ed Tumbling	Beg/Int	M	8:00-9:00	G
Co-ed Tumbling	Adv	W	7:30-9:00	G

If you cannot find a class time to accommodate your schedule contact Kellie French at kfrench@westsideacademy.com

RECREATIONAL CLASS DESCRIPTIONS

Girls Recreational Levels 1 & 2 are the beginning and intermediate levels and focus on progressively building basic skills, strength and flexibility on Olympic events (floor, bars, beam and vault. Trampoline tumble trac, and zip line will be taught as well.

Girls Recreational Levels 3 & 4: Level 3 is the introduction to advanced gymnastics skills and continues building in level 4. In house competitive opportunities are available at these levels.

Boys Recreational Levels 1 & 2 focus on beginning and intermediate skills on the boys six Olympic events (rings, high bar, parallel bars, vault, floor and pommel horse). Trampoline tumble trac, and zip line will be taught as well.

RECREATIONAL GYMNASTICS CLASS TUITION

50 min - 1 hour per week	\$ 65.00 per month
1 hour & 15 minutes per week	\$ 80.00 per month
1 hour & 30 minutes per week	\$ 97.00 per month
2 hours per week	\$130.00 per month

Beg./Int. Teen Tumbling Drop In Rate: \$18.00

Adv. Teen Tumbling Drip In Rate: \$26.00

(Discounted Teen Tumbling Punch Cards are Available)

Each additional family hour after two, will be at the discounted rate: Dance \$33/hr Gym \$35/hr

Unlimited Gym Class Pass: \$400 per month per student
 Family Gymnastics Tuition Maximum: \$500.00 per month
 Family Academy Tuition Maximum: \$1,000 per month

Open Gym: Students ages 5 and up are welcome to practice gymnastics skills and in our gym. Instructors will be available to help if you want assistance. Available Sundays, from 12:00-1:00
 For safety, parents are NOT allowed in the gym.

Members \$7.00 each or \$10.00 per family

Non-members \$9.00 or \$13.00 per family