

Girls Classes

Fall 1 2020 - August 10 - September 26

**Fall
2020**

Age Control Date - Students must
6 years on or before Aug 28, 2020
No Class - Sat. Sept 5 & Mon. Sept 7
Labor Day Weekend

**Non-County Resident Fee
is an additional 50% of class fee**

Girls- Level 1 - 55 mins

Girls Level 1 introduces beginner level skills on all pieces of apparatus. skill include rolls and handstands on floor, wals and changes of level on balance beam, supports and casts on uneven bars, and running, and board drills on vault.

Day	Time	Class Code	Duration	Fee
Monday	4:00	18421	6 weeks	\$60.00
Tuesday	4:00	18426	7 weeks	\$70.00
	5:15	18424	7 weeks	\$70.00
	6:30	18425	7 weeks	\$70.00
Wednesday	4:00	18430	7 weeks	\$70.00
Thursday	3:00	18452	7 weeks	\$70.00
	4:00	18417	7 weeks	\$70.00
Saturday	10:15	18410	6 weeks	\$60.00
	11:30	18414	6 weeks	\$60.00

Girls- Level 2 - 55 mins

Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skills include handstands and cartwheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running & board drills on vault

Day	Time	Class Code	Duration	Fee
Monday	4:00	18422	6 weeks	\$60.00
Tuesday	5:15	18427	7 weeks	\$70.00
	6:30	18428	7 weeks	\$70.00
Wednesday	6:30	18431	7 weeks	\$70.00
Thursday	3:00	18453	7 weeks	\$70.00
	4:00	18419	7 weeks	\$70.00
	5:15	18420	7 weeks	\$70.00
Saturday	10:15	18412	6 weeks	\$60.00
	11:30	18442	6 weeks	\$60.00

Girls - Level 3 - 6+ yrs - 55 mins

Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class introduces higher beginner and intermediate level skills on all pieces of apparatus. Skills include round-offs and walkovers on floor, mounts, dismounts, and turns on balance beam, strength moves and squat on on uneven bars, and body position drills on vault

Day	Time	Class Code	Duration	Fee
Monday	5:15	18423	6 weeks	\$60.00
Tuesday	4:00	18429	7 weeks	\$70.00
Saturday	11:30	18413	6 weeks	\$60.00

Girls - Level 4 - 1.5 hours

Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues intermediate level skills on all pieces of apparatus. Skills include walkovers & handsprings on floor, leaps, jumps, & turns on balance beam, front hip circles on uneven bars, and body position drills on vault

Day	Time	Class Code	Duration	Fee
Monday	5:15	18443	6 weeks	\$72.00

Girls Level 5 2 hrs

For girls ages 6 & older. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program.

This class is not available for online registration please contact 770 528 8475 and our staff will be happy to take your registration.

Day	Time	Class Code	Duration	Fee
Thursday	5:15	18445	7 weeks	\$98.00

Pre School

Fall 1 2020 - Aug 10 - Sept 26

**Fall
2020**

Age Control Date - 5 years on or before
Aug. 28, 2020
No Classes - Sat. Sept 5 & Mon Sept 7

**Non-County Resident Fee is an additional
50% of class fee**

Tumble Kids: 5 yrs

***Must be 5 by August 28, 2020 ***

Day	Time	Class Code	Duration	Fee
Tuesday	3:00	18846	7 weeks	\$56.00
Tuesday	5:15	18454	7 weeks	\$56.00
Wed	5:15	18449	7 weeks	\$56.00

Tumble Kids: 5 yrs

***Must be 5 by August 28, 2020 ***

Day	Time	Class Code	Duration	Fee
Thursday	3:00	18448	7 weeks	\$56.00
Saturday	10:15	18455	6 weeks	\$48.00
Saturday	11:30	18456	6 weeks	\$48.00

Boys Classes

Fall 1 2020 - Aug 10 - Sept 26

**No
Class**

Age Control Date - Students must
6 on or before Aug 28, 2020
No Class - Sat. Sept 5 & Mon. Sept 7
Labor Day Weekend

**Non-County Resident Fee
is an additional 50% of class fee**

Boys - Level 1 - 6+ yrs - 55 mins

For boys ages 6 and older. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, basic supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

Day	Time	Class Code	Duration	Fee
Monday	4:00	18435	6 weeks	\$60.00
Tuesday	6:30	18437	7 weeks	\$70.00
Saturday	1:00	18415	6 weeks	\$60.00

Boys - Level 3 - 55 mins

For boys ages 6 and older. Students must have passed the requirements from boys level 2 and have been recommended to level 3 or have been evaluated for this level if new to the program. This class introduces intermediate

Day	Time	Class Code	Duration	Fee
Thursday	4:00	18433	7 weeks	\$70.00

Boys - Level 2 - 6+ yrs - 55 mins

For boys ages 6 and older. Students must have passed the requirements of the previous level or have been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skill include handstands and cartwheels on floor, supports, swings, hangs, and casts on pommel horse, high bar, parallel bars,

Day	Time	Class Code	Duration	Fee
Monday	5:15	18436	6 weeks	\$60.00
Thursday	4:00	18432	7 weeks	\$70.00

Boys - Level 4 - 5 6+ yrs - 55 mins

Students must have passed the requirements from level 3 or been evaluated for this level if new to the program. This class continues intermediate and advanced level skills on all pieces of apparatus. **Classes 55 minutes**

Day	Time	Class Code	Duration	Fee
Thursday	6:30	18434	7 weeks	\$70.00

Adult Class

The adult gymnastics class will build your strength, flexibility, and balance in a fun atmosphere. This go-at-your-own-pace class provides the opportunity to try out all four events and improve your fitness level. Expect a fun and challenging workout for the former gymnast or any adult that wants to experience an exciting way to workout. Feel great and impress your friends.

Classes are 55 minutes.

Day	Time	Class Code	Duration	Fee
Monday	6:30	18439	6 weeks	\$60.00

Cheer/Tumble Classes

For girls and boys, this class focuses on the tumbling skills and jumps used in cheerleading. Students also work on balance, jumping and landing from heights. **Classes are 55 minutes.**

Beginner Level - entry skill level

Day	Time	Class Code	Duration	Fee
Wed	5:15	18440	7 weeks	\$70.00

Intermeditate/Advanced Level - some experience

Day	Time	Class Code	Duration	Fee
Wednesda'	6:30	18441	7 weeks	\$70.00

