

FALL 2019 Session (August 26, 2019 - December 21, 2019)
Monday Wednesday & Friday 16 Week Session;
Tuesday 17 week session; Thursday & Saturday 15 week session
Closed Mon 9/2, Thurs 10/31, Sat - 11/2, Wed - Sat 11/27 - 11/30
Tentative Schedule - Classes may be added or removed Check the website for an updated schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18mths -5yrs						
Baby Bears (18mths-3yrs)			10:00-10:50am	10:00-10:50am		9:00-9:50am
Mighty Bears (3yr-5yrs)	<i>4-4:50pm</i>		11:00-11:50am	11:00-11:50am	<i>4-4:50pm</i>	10-10:50am
	<i>5-5:50pm</i>		<i>4:00-4:50pm</i>		<i>5-5:50pm</i>	
			<i>5:00-5:50pm</i>			
Homeschool - Girls Beginner 5-11yrs old				12:00-12:50pm		
GIRLS BEGINNER						
Girls 5-7 beg	6:00-6:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	10-10:50am
			6:00-6:50pm		<i>6:00-6:50pm</i>	
<i>Girls 8 & UP beg</i>	<i>5:00-5:50pm</i>	6:00-6:50pm	<i>5:00-5:50pm</i>	6:00-6:50pm	7:00-7:50pm	11-11:50am
	7:00-7:50pm	7:00-7:50pm	7:00-7:50pm			
GIRLS INTERMEDIATE						
<i>Girls 8 & UP Int</i>	5:00-5:50pm	7:00-7:50pm	6:00-6:50pm	<i>7:00-7:50pm</i>	6:00-6:50pm	12-12:50pm
	6:00-6:50pm					
Girls Advance						
Girls 7 & up Advance**				5:30-6:50pm		
BOYS CLASSES						
Boys 5-7 Beg	5:00-5:50pm		<i>6:00-6:50pm</i>			
Boys 7& up Beginner						<i>10-10:50am</i>
Boys 8 & up beg			<i>5:00-5:50pm</i>			
Boys 8 & up Adv**	6:00-7:20pm					
Obstacle Training						
Obstacle Kids (6-12 yr old)	6:00-6:50pm				6:00-6:50pm	<i>11-11:50am</i>
Obstacle Kids (10-15 yr old)			6:00-6:50pm			
Obstacle Kids - <i>Advanced** (Invitational only!)</i>			7:00-8:20pm			
TUMBLING						
Tumbling Beginner			7:00-7:50pm			
Tumbling Intermediate	7:00-7:50pm					
Tumbling Advanced**						
ADULT CLASSES						
Obstacle Adults (16 & up)	7:00-8:20pm^^				7:00-8:20pm^^	

Bold & Italicized New class added or time has changed

Baby Bears - 18mths-3yrs (Parent must accompany child) - This class brings the parents onto the floor amidst the excitement in this child directed program. It's primarily for fun and parental/child bonding. Hand/eye coordination are developed along with small motor development. This is a fun time for both parent and child.

Mighty Bears - 3-5yr olds (3yr olds must be able to participate **without** a parent) **Parent must stay in the building** - This class provides a structured environment with an emphasis on preschool gymnastics. The main goal of this class is to promote movement, hand-eye coordination and over-all fitness utilizing small motor skills while doing fun, gymnastics skills. These Mighty Bears learn by achieving skills, which fosters self-esteem.

All of the classes below are divided into boys and girls classes.

Girls classes 5-7yr olds, 8-11 yr olds and 12yr old & up.

Boys classes 5-7yr olds and 8 & up.

Beginner Gymnastics Class - This class is for students who have never done gymnastics or have had very little gymnastics experience. There are no specific requirements for this class.

Intermediate Gymnastics Class - This class is for students that have some gymnastics experience. Gymnasts must have a pull-over, back-hip circle on bars without a spot, shoot through-mill-circle with spot on bars, cartwheel with good form, bridge kick-over on floor and a lever on the beam.

Intermediate and Advanced gymnastics classes -

Students must be tested or have been told by the coach in the prior level that they can move up.

Advanced Gymnastics Class - ages 7 & up - This class is for children with a lot of gymnastics experience. To join this class, the child must have; glide swing, pull-over, front-hip circle, shoot through and a mill circle on bars. The child must also have a handstand and cartwheel on the high beam, a front walkover, a back walkover, a standing back handspring and a round off back handspring with a spot on the floor.

Tumbling - ages 5 and up - These classes are designed for students of all levels interested in advancing their tumbling skills. Classes are divided into Beginner, Intermediate & Advanced levels

Obstacle Training Classes(KIDS & ADULTS) - This co-ed class is open to students of all abilities and backgrounds. This is a class that trains on a variety of obstacles that are inspired by the hit TV show "American Ninja Warrior".

There are **no refunds** for classes that are missed. We encourage students to make up a missed class by attending another class not during their scheduled time/day. A make-up class must be made up in the same session as the missed class. Please schedule your make up with the front desk.

Make-ups are limited to **two (2)** per session (excluding classes cancelled due to weather closures). See the front desk to schedule your make up class. If you schedule a make up and do not call prior to cancel, you will not be allowed to make up for that date.

All make-ups must be scheduled in advanced through the front desk

Fall Session Prices

Monday, Wednesday & Friday : 16 Week Session - 1 day a week
50 minute class \$256.00: 80 minute (advanced classes) class \$352.00

Tuesday: 17 week session 1 day a week
50 minute class \$272.00 80 minute class \$374.00

Thursday & Saturday : 15 week session 1 day a week
50 minute class 1 day a week \$240.00: 80 minute (advanced classes) class \$330.00

^^ **Adult classes are pay as you go.**

Adult Obstacle Training Class \$15 per class (if you come to both classes in the same week, the 2nd class is \$10)

*Discounts are offered for every child after the first child enrolled in a class or 1 child enrolled in more than 1 class
Annual registration fee of \$30.00 for 1 child - \$40 for 2 or more children in the same household.

We accept Visa, MasterCard, Discover, AMEX, cash or checks**.

Checks made payable to: **Freedom Gymnastics**

**There is a \$30 charge (cash only) for all checks returned because of insufficient funds.

Freedom Gymnastics PO Box 1592, 116 Pilgrim Way, Brodheadsville PA 18322