

Fall Session (August 28, 2017 - December 22, 2017)
Mon - Fri 16 week session - Sat 15 week session
Closed Mon Sept 4th, Tues Oct 31st, Wed, Thurs, Fri & Sat Nov 22-25th

Tentative Schedule - Classes may be added or removed

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

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) - 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 has never done gymnastics or has had very little gymnastics experience. There are no specific requirements for this class.

Intermediate Gymnastics Class - This class is for students that has 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.

***Advanced-Intermediate and Advanced gymnastics classes -
Students must be tested or have earned a certificate from the prior level.***

Advanced-Intermediate Gymnastics Class - This class is for children that have quite a bit of experience with gymnastics. Gymnasts must have a pull-over, back-hip circle on bars without a spot, shoot through-mill-circle with a spot on bars. Gymnasts must also have; handstand and cartwheel on low beam, and a handstand bridge kick-over, round-off rebound, and back-handspring on floor with a light spot.

Advanced Gymnastics Class - ages 7 & up - This class is for children with a lot of gymnastics experiece. 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, 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

Adult Gymnastics Class – ages 16 & up - This co-ed class is open to students of all abilities. This class is great for former gymnasts who want to get back in the sport. This is also a great class for those who are new to the sport or for someone who is simply looking for challenging exercercise to improve their strength and flexibility.

Obstacle Training Classes - This is a 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.

Make-ups are limited to **two (2)** per session (excluding classes cancelled due to weather closures).

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

Monday - Friday

16 Week session - 50 min class \$240 **16 weeks session 80 min class - \$336

Saturday

15 week session - 50 min class \$225 ** 15 week session 80 min clas \$315

^^ **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)

Adult Gymnastics class Member price \$15 - Non-member price \$20.

*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.

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