

Fall 2018 Session (August 27, 2018 - December 21, 2018)
Tuesday 17 Week Session; Monday, Thursday & Friday 16 week session
Wednesday & Saturday 15 week session
Closed Monday 9/3, Wed 10/31, Wed - Sat 11/21,11/22, 11/23, 11/24,

Tentative Schedule - Classes may be added or removed

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

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 those who are simply looking for challenging exercise to improve their strength and flexibility.

Obstacle Training Classes - 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.

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 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

Tuesday: 17 Week Session - 1 day a week

50 minute class \$255: 80 minute(advanced classes) class \$357

Monday, Thursday & Friday: 16 week session 1 day a week

50 minute class 1 day a week \$240: 80 minute (advanced classes) class \$336

Wednesday & Saturday: 15 week session- 1 day a week

50 minute class \$225

^^ 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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