

Fall 2020 Session (August 24, 2020 - December 22, 2020)

Monday 17 weeks; Tuesday 18 weeks;

Wednesday - Saturday 16 Week Session

Closed Monday 9/7/20; Wednesday-Saturday 11/25-11/28/20

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)			11:00-11:50am	11:00-11:50am		10-10:50am
	5:00-5:50pm		5:00-5:50pm		5:00-5:50pm	
Homeschool - Girls Beginner 5&up				12:00-12:50pm		
GIRLS BEGINNER						
Girls 5-7 beg		5:15-6:05pm		4:45-5:35pm	4:45-5:35pm	10:15-11:05am
				6:00-6:50pm		
	6:00-6:50pm	6:15-7:05pm	6:00-6:50pm	6:45-7:35pm	6:00-6:50pm	
Girls 8 & UP beg	7:00-7:50pm	7:15-8:05pm	4:45-5:35pm	5:00-5:50pm	6:45-7:35pm	12:15-1:05pm
				7:00-7:50pm	7:00-7:50pm	
GIRLS INTERMEDIATE						
Girls 8 & UP Int		6:30-7:20pm	5:45-6:35pm	5:45-6:35pm	5:45-6:35pm	11:15-12:05am
Girls Advance						
Girls 7 & up Advance**		5:00-6:20pm				
BOYS CLASSES						
Boys 5-7 Beg	5:15-6:05pm		6:15-7:05pm			9-9:50am
Boys 7& up Beginner						10-10:50am
Boys 8 & up beg			5:15-6:05pm			
Boys 8 & up Adv**	6:15-7:35pm					
Obstacle Training						
Obstacle Kids (6-12 yr old)	6:15-7:05pm	5:45-6:35			6:15-7:05pm	11-11:50am
Obstacle Kids (10-15 yr old)		6:45-7:35	6:15-7:05pm			
Obstacle Kids - <i>Advanced</i> ** (Invitational only!)			7:15-8:35pm			
TUMBLING						
Tumbling Beginner			7:00-7:50pm			
Tumbling Intermediate			6:45-7:35pm			
Tumbling Advanced**						
ADULT CLASSES						
Obstacle Adults (16 & up)	7:15-8:45pm^^				7:15-8:45pm^^	

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 & 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: 17 Week Session - 1 day a week

50 minute class \$289: 80 minute (advanced classes) class \$391

Tuesday: 18 Week Session - 1 day a week

50 minute class \$306: 80 minute (advanced classes) class \$414

Wednesday -Saturday: 16 week session 1 day a week

50 minute class \$272 80 minute class \$368

^^ 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.

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