

**SUMMER 2019 Session (July 1, 2019 - August 23, 2019)**

**Monday - Wednesday & Friday 8 Week Session;**

**Thursday 7 week session**

**Closed Thursday July 4th**

Tentative Schedule - Classes may be added or removed Check the website for an updated schedule

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

**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**

## **Summer Session Prices**

**Monday, Tuesday, Wednesday & Friday : 8 Week Session - 1 day a week**

**50 minute class \$128.00: 80 minute (advanced classes) class \$176.00**

**Thursday: 7 week session 1 day a week**

**50 minute class 1 day a week \$112.00: 80 minute (advanced classes) class \$154.00**

**^^ 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.

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