

Summer 2021 Session (June 28, 2021 - August 20, 2021)

Monday - Friday 8 Weeks

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

Class	Monday	Tuesday	Wednesday	Thursday	Friday
18mths -5yrs					
Baby Bears (18mths-3yrs)	4:00 - 4:50p		10:00-10:50am	10:00-10:50am	
			4:00-4:50pm		
Mighty Bears (3yr-5yrs)	5:00-5:50pm	9:00-9:50am	11:00-11:50am	11:00-11:50pm	
		4:45-5:35pm	5:00-5:50pm	4:30-5:20pm	5:00-5:50pm
GIRLS BEGINNER					
Girls 5-7 beg	5:00-5:50pm	10-10:50am	5:00-5:50pm	4:45-5:35pm	4:45-5:35pm
	6:00-6:50pm	5:15-6:05pm	5:45-6:35pm	5:30-6:20pm	
		6:15-7:05pm	6:00-6:50pm	6:30-7:20pm	6:00-6:50pm
		6:45-7:35pm	7:00-7:50pm	6:45-7:35pm	
Girls 8 & UP beg	7:00 - 7:50pm	11-11:50am	4:45-5:35pm	5:00-5:50pm	6:45-7:35pm
		5:45-6:35pm	6:00-6:50pm	6:00-6:50pm	
		7:15-8:05pm	6:45-7:35pm	7:30-8:20pm	
			7:00-7:50pm		
GIRLS INTERMEDIATE					
Girls 8 & UP Int	6:00-6:50pm	6:30:7:20pm	4:45-5:35pm	5:45-6:35pm	5:45-6:35pm
			5:45-6:35pm		
Girls Advance					
Girls 7 & up Advance**		5:00-6:20pm			
BOYS CLASSES					
Boys 5-7 Beg	5:00-5:50pm				
Boys 8 & up Beginner			5:45-6:35pm		
Boys 8 & up Adv**	6:00-7:20pm				
Obstacle Training					
Obstacle Kids (6-12 yr old)	6:15-7:05pm	4:45-5:35pm	4:45-5:35pm		6:15-7:05pm
		5:45-6:35pm			
Obstacle Kids (10-15 yr old)		6:45-7:35pm	6:45-7:35pm		
Obstacle Kids - <i>Intermediate</i> (Invitational Only!)			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		
ADULT CLASSES					
Obstacle Adults (16 & up)	7:15-8:45pm^^				7:15-8:45pm^^

Baby Bears - 18mths-3yrs (Parent/Adult 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 and completed by the end of the session the class was missed in.**

Summer Session Prices

Monday - Friday : 8 Week Session - 1 day a week

50 minute class \$136 : 80 minute (advanced classes) class \$184

^^ **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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