

Winter 2018 Session (January 2, 2019 - March 23, 2019)
Monday & Tuesday 11 Week Session;
Wednesday, Thursday, Friday & Saturday 12 week session
 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) | 4:30-5:20pm | | 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 | 6:00-6:50pm | 6:00-6:50pm | 5:00-5:50pm | 10-10:50am |
| | 6:00-6:50pm | 6:30-7:20pm | 7:00-7:50pm | | | |
| Girls 8-11 beg | 7:00-7:50pm | 6:00-6:50pm | 5:00-5:50pm | | 7:00-7:50pm | 11-11:50am |
| | | | | | | |
| Girls 12&up beg | | | | 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 | | | 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) | 5:00-5:50pm | | | | 6:00-6:50pm | 11-11:50am |
| | 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 | | | |
| TUMBLING | | | | | | |
| Tumbling Beginner | | | | 7:00-7:50pm | | |
| Tumbling Intermediate | 7:00-7:50pm | | | | | |
| Tumbling Advanced** | | | | | | |
| ADULT CLASSES | | | | | | |
| | | | | | | |
| 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) - 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 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**

Winter Session Prices

Monday & Tuesday: 11 Week Session - 1 day a week

50 minute class \$165: 80 minute (advanced classes) class \$231

Wednesday, Thursday, Friday & Saturday: 12 week session 1 day a week

50 minute class 1 day a week \$180: 80 minute (advanced classes) class \$252

^^ 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.

Freedom Gymnastics PO Box 1592, 116 Pilgrim Way, Brodheadsville PA 18322

(570)-992-3733 **www.freedomgymnastics.com email: freedom.gymnastics@yahoo.com**