

**Winter Session (January 2, 2018 - March 24, 2018)**  
**Mon & Sat 11 week session - Tues - Fri. 12 week session**  
**Closed Saturday January 6, 2018**

★ **Monday and Wednesday ONLY BOYS classes: Times will change part way through the session.**

Tentative Schedule - Classes may be added or removed

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

***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 has never done gymnastics or has had very little gymnastics experience. There are no specific requirements for this class.

**Intermediate Gymnastics Class** - This class is for students that has 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 earned a certificate from the prior level.***

**Advanced Gymnastics Class** - ages 7 & up - This class is for children with a lot of gymnastics experiece. 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, 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 someone who is simply looking for challenging exercercise to improve their strength and flexibility.

**Obstacle Training Classes** - This is a 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).

**All make-ups must be scheduled in advanced through the front desk**

**Tuesday - Friday**

**12 Week session - 50 min class \$180 \*\*12 weeks session 80 min class - \$252**

**Monday & Saturday**

**11 week session - 50 min class \$165 \*\* 11 week session 80 min clas \$231**

^^ **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.