





# GYMNASTICS Unlimited

70 Weiss Ave., West Seneca, NY 14224 716-677-0338

[www.gymnastics-unlimited.net](http://www.gymnastics-unlimited.net)

September 7, 2010 THRU June 25, 2011

TYPE OF CLASS	DESCRIPTION <small>(skill sheets are based off USA Gymnastics routines)</small>	AGE SUGGESTION	DAYS/TIMES OFFERED	COST
Rolling Ripples (Parent-Tot)	Parent stays w/ child to guide through circuits. Our rolling ripples will climb, crawl, roll & play in a safe encouraging environment. They also learn to use large/ fine motor skills w/ "explore" & circle time	18 mos. - 3 yrs	TUESDAY 10:50-11:35am WEDNESDAY 10 - 10:45am THURSDAY 10 - 10:45am SATURDAY 9 - 9:45am	<b>\$49</b> <small>(Assuming a 4 week month)</small>
Wave Runners (Pre-School)	A structured class using cognitive learning to help with child developmental stages and helps prepare them for kindergarten. Learn positions & basic skills using circuits in a safe encouraging atmosphere. Must be able to follow a 3-step instruction.	2 ½ - 5 yrs	TUESDAY 10 - 10:45am WEDNESDAY 10:50 -11:35am <i>New Time!</i> **1:30 - 2:15pm** THURSDAY 10:50 -11:35am <i>New Time!</i> **1:30 - 2:15pm**	<b>\$49</b> <small>(Assuming a 4 week month)</small>
Tidal Waves 	This is a structured group to learn strength, flexibility, balance/coordination and basic skills in a fun, challenging atmosphere. Personal Progression sheets are used to record each child's success. Accomplish all skills & move to Tornados	3-7yrs  <i>1 hr. classes</i> 7-18 yrs	MONDAY 4pm; 5pm; 6pm WED 4pm; 5pm; 6pm FRIDAY 4pm; 5pm THURS 7:15pm SAT 12pm TUESDAY 5:50; 6:50 pm THURSDAY 4:15; 5:15; 6:15 SATURDAY 10am; 11am FRI 6pm	<b>\$51</b> <small>(Assuming a 4 week month)</small>
Tornados 	This is a structured group to master basic skills and learn intermediate skills, strength & flexibility; uses safe progressions to complete criteria on Personal Progression sheet to continue on to the Tsunamis level	4-12yrs  <i>1 hr. classes</i> 7-18yrs	MONDAY 4pm; 5pm; 6pm WED 4pm; 5pm; 6pm FRIDAY 4pm; 5pm THURS 7:15pm SAT 12pm TUESDAY 5:50; 6:50 pm THURSDAY 4:15; 5:15; 6:15 SATURDAY 10am; 11am FRI 6pm	<b>\$51</b> <small>(Assuming a 4 week month)</small>
Tsunamis 	This is a structured group to master intermediate skills and learn advanced skills, strength & flexibility; uses safe progressions to complete criteria on Personal Progression sheet to continue on to the Hurricane level	5-12yrs  <i>1 hr. classes</i> 7-18yrs	MONDAY 5pm; 6pm WED. 5pm; 6pm FRIDAY 5pm THURS 7:15pm SAT 12pm TUESDAY 5:50; 6:50pm THURSDAY 5:15; 6:15pm SATURDAY 11am FRI 6pm	<b>\$51</b> <small>(Assuming a 4 week month)</small>
Hurricanes 	Use prior progressions to learn more advanced skills. Must be willing to try. Class will then be divided into "Categories" according to skill ability	<b>Advanced</b>  <i>1 ½ hrs.</i>	<b>Ages 8-18</b> Monday 7 - 8:30pm Wednesday 7 - 8:30pm <b>Ages 5-12</b> Tuesday 4-5:30; Sat. 12-1:30	<b>\$67</b> <small>(Assuming a 4 week month)</small>
Tramp & Tumbling	Specifically for learning basics of tumbling and how to connect skills; incorporates the floor, tumble track and trampoline	7yrs & Older <small>(Must have basic skills/experience)</small>	Wednesday 7 - 8pm Thursday 7:15 - 8:15pm Friday 6 - 7pm	<b>\$51</b> <small>(Assuming a 4 week month)</small>
Indoor Playground Time	Parent stays w/ child, to supervise & keep child safe. NO instruction	<b>5yrs &amp; younger</b>	Wednesday 12-1pm Thursday 12-1pm	<b>\$7/ child</b> <small>(Walking to 5yrs)</small>
Open Workout	2 hours of Free Play; Sign your child in to get a #. At the end you <i>MUST</i> come into the building to pick up your child	<b>6yrs &amp; older</b> <small>(120 kids max.)</small>	Friday 7-9pm Saturday 7-9pm	<b>\$5 /member</b> <b>\$10 /non-members</b>
Open Cheer	Work on tumbling skills for cheerleading	Junior High +	Mon & Wed 8:30-9:30pm	<b>\$8</b>

**\*\* Private Lessons available upon request \*\***

**\*Annual Registration fee = \$35/child, includes free T-shirt!! (While supplies last) Discounts for a child in multiple classes or 5% discount for siblings. Prices subject to change**