







# GYMNASTICS Unlimited

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

September 6, 2011 THRU June 23, 2012

TYPE OF CLASS	DESCRIPTION <small>(Progression sheets are based on USA Gymnastics routines/skills)</small>	AGE SUGGESTION	DAYS/TIMES OFFERED	COST
 <p>Rolling Ripples</p>	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	<b>TUESDAY</b> 10:50- 11:35am <b>WEDNESDAY</b> 10 - 10:45am <b>THURSDAY</b> 10 - 10:45am <b>SATURDAY</b> 9 - 9:45am	<b>\$51</b> <small>(Assuming a 4 week month)</small>
 <p>Wave Runners</p>	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	<b>TUESDAY</b> 10 - 10:45am <b>WEDNESDAY</b> 10:50-11:35am <small>New Time! **1:30 -2:15pm**</small> <b>THURSDAY</b> 10:50 -11:35am <small>New Time! **1:30 - 2:15pm**</small>	<b>\$51</b> <small>(Assuming a 4 week month)</small>
 <p>Tidal Waves</p>	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 skills & graduate to Tornadoes	1 Hr. Beginner Class 3-7yrs 8-18 yrs	<b>MONDAY</b> 4pm; 5pm; 6pm <b>TUESDAY</b> 6pm; 7 pm(ages 7+) <b>WED</b> 4pm; 5pm; 6pm <b>THURSDAY</b> 4:15; 5:15; 6:15 <b>FRIDAY</b> 4pm; 5pm <b>SATURDAY</b> 10am; 11am <b>Mon 7pm THURS 7:15pm FRI 6pm SAT 12</b>	<b>\$53</b> <small>(Assuming a 4 week month)</small>
 <p>Tornadoes</p>	This is a structured group to master basic skills/form and learn intermediate skills, strength & flexibility; uses safe progressions to complete criteria on Personal Progression sheet to continue on to the Tsunami level	1 Hr. Intermediate Class 4-12yrs 8-18yrs	<b>MONDAY</b> 4pm; 5pm; 6pm <b>TUESDAY</b> 6pm; 7 pm(ages 7+) <b>WED</b> 4pm; 5pm; 6pm <b>THURSDAY</b> 4:15; 5:15; 6:15 <b>FRIDAY</b> 4pm; 5pm <b>SATURDAY</b> 10am; 11am <b>THURS 7:15pm FRI 6pm SAT 12pm</b>	<b>\$53</b> <small>(Assuming a 4 week month)</small>
 <p>Tsunamis</p>	Previous experienced required. Master intermediate skills and learn advanced skills, strength & flexibility; uses safe progressions to complete criteria on Personal Progression sheet then continue on to the Hurricane level	1 Hr. Intermediate / Advanced 5-12yrs 8-18yrs	<b>MONDAY</b> 5pm; 6pm <b>TUESDAY</b> 6 pm; 7pm(ages 7+) <b>WED</b> 4pm; 5pm; 6pm <b>THURSDAY</b> 5:15; 6:15pm <b>FRIDAY</b> 5pm <b>SATURDAY</b> 11am <b>THURS 7:15pm FRI 6pm SAT 12pm</b>	<b>\$53</b> <small>(Assuming a 4 week month)</small>
 <p>Hurricanes</p>	Previous experience required. Use prior progressions to learn more advanced skills. Must be willing to try. Class will be divided into "categories" depending on ability.	1 ½ hrs. <b>Advanced</b>	<b>Ages 8-18</b> <b>MONDAY</b> 7 - 8:30pm <b>WEDNESDAY</b> 7 - 8:30pm <b>Ages 5-12</b> <b>TUESDAY</b> 4:30-6pm; <b>SAT</b> 12-1:30	<b>\$70</b> <small>(Assuming a 4 week month)</small>
Tramp & Tumbling	Must have Tornado level skills; learn tumbling and how to connect skills; incorporates the floor, tumble track & trampoline	<b>7yrs &amp; Older</b> <small>(Must have basic skills/experience)</small>	<b>Wednesday</b> 7:15 - 8:15pm <b>Thursday</b> 7:15 - 8:15pm <b>Friday</b> 6 - 7pm	<b>\$53</b> <small>(Assuming a 4 week month)</small>
Indoor Play Time	Sign in at desk to get a #. Parent stays w/child to supervise & keep child safe. No instruction.	<b>5yrs &amp; younger</b>	<b>Wednesday</b> 12-1pm <b>Thursday</b> 12-1pm	<b>\$5 /member</b> <b>\$10 /non-members</b>
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>(125 kids max.)</small>	<b>Friday</b> 7-9pm <b>Saturday</b> 7-9pm	<b>\$7/member</b> <b>\$15 /non-members</b>
Open Cheer	Work on tumbling skills for cheerleading	Junior High+	<b>Mon &amp; Wed</b> 8:30-9:30pm	<b>\$8</b>

\*Annual Registration fee = \$35/child, includes free T-shirt!! (While supplies last)

Discounts for a child in multiple classes or 5% discount for siblings.

Once paid, tuition is NOT refundable. You are paying for your child's spot in class, NOT by their attendance.

Prices & class times subject to change