



# SCHOOL YEAR SCHEDULE 2011-2012

Ongoing Enrollment  
thru the school year

**8 week sessions** (page 2 for prices)



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15		THUMPER SPINNER T. TWISTER (G)	THUMPER KANGAROO	THUMPER KANGAROO T. TWISTER (G)	THUMP/KANG SPINNER KINDERKID	THUM/KANG SPINNER KK/BEG GIRL
10:15		THUMPER SPINNER T. TWISTER (G)	TODDLER THUMPER KANGAROO SPINNER	TODDLER KANGAROO SPINNER T. TWISTER (G)	THUMPER KANGAROO SPINNER	TODDLER KANG/SPIN BEG 1/2/3 GIRL
11:15		TODDLER KANGAROO SPINNER		11:45-12:30 THUMPER KANGAROO SPINNER		BEG 1/2/3 GIRL 11:30-12:30
12:00	THUMPER KANGAROO SPIN/KK (1 hr)		KANGAROO FLIPPER (G)		KANGAROO FLIPPER (G)	Spring Break NO classes 3/26-31
1:00	KANGAROO SPINNER KINDERKID T. TWISTER (G)		THUMP/KANG SPINNER KINDERKID T. TWISTER (G)			Jan/Feb 1/2-2/25 Mar/Apr 2/27-4/28
2:00		KANGAROO SPINNER T. TWISTER (B) Homeschool GIRL Homeschool BOY				Twister Classes are teacher placement only
3:05	THU/KANG	SPINNER	KANGAROO T. TWISTER (B)			Homeschool Classes offered Tuesday at 2pm
	BEG GIRL B2/3 GIRL BEG BOY TWISTER (G)	BEG GIRL BEG 2/3 GIRL BEG BOY/TWIST B	BEG GIRL B2/3 GIRL TWISTER (G)	*BEG GIRL *(5-8yrs) BEG BOY *(5-8yrs)	3:15 BEG G (5-8yr)	
4:15	SPIN/KK (1 HOUR)	KANGAROO KINDERKID	THU/KANG SPINNER	KANG/SPIN (3'S & YOUNG 4'S) FLIPPER (G)		
	BEG GIRL B2/3 GIRL TWISTER (G)	BEG GIRL INT.GIRL T & T (6-9 YRS)	BEG GIRL B2/3 GIRL TWISTER (G) BEG BOY TWISTER (B)	BEG GIRL BEG 123 GIRL	4:20 BEG 123 GIRL	
5:30	SPIN/KK (1 HOUR)	KANGAROO SPINNER	THUM/ KANG KANG/SPIN T. TWISTER (B) (5:15 -6:00)	SPIN/KK (OLDER 4'S AND 5'S)		
	MHS TRAINER 5:30-6:45	BEG GIRL T.P. INT T & T (10 & up) MHS	B2/3 GIRL TRAINER 5:30-6:45 BEG/INT BOY	BEG GIRL 2/INTG T.P.INT		
6:35		SPIN/KK (1 HOUR)				
	2/INT GIRL ADV GIRL	INT GIRL ADV GIRL	INT GIRL MHS	BEG GIRL ADV GIRL MHS		

## Class Information & Tuition Policy

**ALL TUITION LISTED BELOW IS BASED ON 1 DAY / WEEK FOR AN 8 WEEK SESSION. WE ACCEPT CREDIT CARDS, CASH OR CHECKS. PAYMENT MAY BE MADE BY PHONE. (CARDS ARE NOT AUTOMATICALLY CHARGED FOR SESSION PAYMENTS)**

**10% DISCOUNT WILL BE GIVEN FOR TWO DAYS OR CLASSES, OR ON 2 CHILDREN  
15% DISCOUNT OFF THE 3RD (OR MORE) CLASS OR CHILDREN ENROLLED.**

**CHILDREN ARE AUTOMATICALLY ENROLLED TO THE SAME CLASS EACH SESSION. TUITION IS DUE BEFORE THE 1ST CLASS OF EACH NEW SESSION. IF NOT PAID, YOUR CHILD WILL BE PUT ON THE WAIT LIST UNTIL PAYMENT IS RECEIVED.**

**NO REFUNDS ARE GIVEN; CREDIT ON YOUR ACCOUNT WILL OCCUR ONLY IN THE CASE OF PROLONGED ILLNESS OR INJURY.**

**PRO-RATING OF CLASSES WILL ONLY OCCUR IF A STUDENT JOINS A SESSION**

**MINI-MOVER      AGES 12 MONTH—6 YEARS**  
**DIRECTOR: CINDY KLEIN      cindyk@metrogymnastics.com**

Mini-Mover classes are based on your child's age—not his/her gymnastics experience. Each class explores age appropriate activities, as well as activities involving basic movements such as balance, strength & coordination. All of these classes will also focus on important social skills like sharing, taking turns, staying on task & group cooperation!

All Mini-Mover classes are 45 minutes with the exception of Kinderkids which is 60 minutes.

<u>CLASS</u>	<u>AGE</u>	<u>RATIO</u>	<u>PRICE</u>
TODDLER (adult participation required)	12 MONTHS—2 1/2 YEARS	10: 01	\$108.00
THUMPER	2 1/2—3 YEARS	5: 01	\$124.00
KANGAROO	3—4 YEARS	6: 01	\$124.00
SPINNER	4—5 YEARS	7:01	\$124.00
KINDERKID	5—6 YEARS	8: 01	\$136.00
TINY TWISTER & FLIPPER	4—6 YEARS (Teacher Placement)	8: 01	\$124.00

**GIRLS RECREATIONAL GYMNASTICS**  
**AGES 6 YEARS & OLDER**  
**DIRECTOR: LYNN MCCAFFREY**  
**lynnm@metrogymnastics.com**

Metro's Girls Recreational program provides training of the basic gymnastics skills—flexibility, balance, strength, coordination & agility. In the non-competitive atmosphere of the "REC" classes, kids develop attributes that are stepping stones for advancing through more complex gymnastics movements.

These basic skills are important to learn for all other sports and activities!

**Recreational Classes are 60 minutes long**

<u>CLASS</u>	<u>AGE &amp; LEVEL</u>	<u>PRICE</u>
Beginning Level 1	6 years & older—Level 1	\$136.00
Beginning Level 2	6 years & older—Level 2 (must complete Level 1)	\$136.00
Intermediate	6 years & older—Level 3 & 4 (must complete Level 2)	\$136.00
Advanced ( 1.5 hours)	6 years & older—Level 5 & 6 (must complete Level 4)	\$152.00
Trainer (1.25 hours)	6 years and older (teacher placement)	\$144.00
Middle School Girls	10 years - 15years—all levels	\$136.00
Tumble & Trampoline (T&T)	6 years & older—all levels—focus on Tumbling	\$136.00
Twister	6 years & older—Teacher Placement	\$136.00

**BOYS RECREATIONAL GYMNASTICS**  
**AGES 6 YEARS & OLDER**  
**DIRECTOR: TRENT WELLS**  
**trentw@metrogymnastics.com**

The Boys' Recreational program is structured to teach strength, flexibility, balance, and common gymnastics movements. Our classes build self-awareness as well as self-confidence. Our goal is to help boys find within themselves, through the process of mastering their bodies, positive characteristics that they can develop throughout their lives...and to have fun doing it!

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**Recreational Classes are 60 minutes long**

### CHEER CLASSES

Director: Colette Becker  
pinktinkerbel@yahoo.com

Ages 6 thru Middle School

**CLICK METRO CHEER TO VIEW THE  
SCHEDULE FOR  
CHEERLEADING & CHEER TUMBLING**

### DANCE CLASSES

**Director: Stephanie Anderson**

**stephaniekanderson27@gmail.com**

*Offering Hip-Hop, Jazz, Ballet, Tap*

*Ages 3 thru Adult*

*Click METRO DANCE to view the DANCE schedule*

### **MEMBERSHIP FEE**

**Metro Gymnastics Center charges a Yearly Family Membership fee of \$30.00. This fee is due in September (or upon initial registration), and runs through August of the following year.**



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