

TRAMPOLINE

Ages 5 – 12 yrs

Busy Boys – 4 & 5 year old boys \$60/month

This is an introductory class to the sport of Trampoline and Tumbling. Strength and balance skills are covered along with introductory floor requirements. Class is high energy and perfect for boys who love to move!

Wednesday 4:30 – 5:30

Saturday 12:30 – 1:30

Beg. Trampoline – 6 - 8yrs boys & girls

\$60/month Beginning students can get the ideal introduction to the basics of trampoline and tumbling. Students will learn the basics on the trampoline, double mini, tumble track and rod floor.

Tuesday 5:15 – 6:15

Friday 4:30 – 5:30

Novice Trampoline – 8 & over boys & girls

\$85/month Students will continue to advance their skill in the discipline of trampoline and tumbling with a focus on home competitions. Routine presentation will be perfected with a focus on power and technique. Flight tumbling and trampoline work will advance in this class

Wednesday 5:30- 7:00

Action Sports Trampoline - ages 9 and over \$60/month

This class is designed with the action sport enthusiast in mind. This 1 hour class meets once a week and focuses on body awareness during flight skills. Ideal for snowboarders, skateboarders and BMX bikers trying to get an edge on their skill mastery.

Monday 8:30- 9:30

TUMBLING/CHEER

7yrs – High School

Beg. Tumbling \$60/month

An introductory level of tumbling for girls 7 – 12yrs. Basic rebound skills such as front and back handsprings will be covered. Round-off back handsprings and back tucks will also be introduced.

Thursday 7:30- 8:30

Intermediate Tumbling \$85/month

The next progression in our tumbling series, school age girls 7 – 12yrs old continue mastery of standing back handspring and tucks and progress to round off back handsprings and series tumbling.

Tuesday 7:15 – 8:45

Beg. High School Tumbling \$60/month

An introductory level of tumbling for High School girls interested in developing floor and tumbling skill. Basic rebound skills such as front and back handsprings will be covered. Round-off back handsprings and back tucks will also be introduced.

Tuesday 4:15 – 5:15 Thursday 8:00 – 9:00

Wednesday 8:00 – 9:00 Saturday 11:30 – 12:30

Adv. High School Tumbling \$60/month

An accelerated program for High School girls who have mastered round-off back handsprings.

Monday 7:45 – 8:45

Wednesday 8:30 – 9:30

Competitive Cheer - ages 6 – 12yr.

\$75/month

Members will learn dance, cheer, stunting and tumbling in preparation for the competitive season.

Tuesday 6:00 – 8:00

Thursday 5:00 – 7:00

Hip Hop Flip Flop \$60/month ages 6 – 12yrs.

Non competitive. Learn the latest moves, cheers and dances along with trampoline and tumbling.

Tuesday 5:00 – 6:00 Thursday 7:00 – 8:00

Saturday 11:30 – 12:30



2008 - 2009

NEW LOCATION!!!

2097 Case Parkway North
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americangymnasticsacademy.com

BEGINNING GYMNASTICS

Toddler - Pre-K

Mini Movers 1 – 3yrs. \$44/month

This is a movement class for the young and inquisitive toddler. This class is designed to promote child-parent bonding and cooperation while exploring colors, shapes and textures. This class develops the child's gross motor skills in a gymnastics based program.

Thursday 5:15 – 6:00 Saturday 9:30 – 10:15

Friday 10:00 – 10:45

E For Exercise – Pre K students ages 3 – 5yrs boys and girls. Special 26 week session with your favorite red friend. Each week's theme will be centered around the letter of the week. Letters, colors, numbers, counting and gross motor skills will be introduced in this gymnastics based curriculum. We recommend the entire 26 week course made payable in two 13 week sessions. End of the year finishes with a special graduation.

\$160/session or \$300 full September - April

Friday 9:00- 10:00

Session I September 5 – December 12, 2008

Session II January 9 – April 3, 2009

Wednesday 6:00 – 7:00

Session I September 3 – December 3, 2008

Session II January 7 – April 1, 2009

Jumpin Jacks-3 & 4 years old \$44/month

Children will learn to jump, twirl and roll while developing basic gymnastics skills. Rolls, cartwheels and beginning level apparatus will be introduced during this 45-minute program

Monday 4:45 – 5:30 Thursday 6:30- 7:15

Tuesday 6:15 – 7:00 Friday 10:45 – 11:30

Wednesday 4:45 – 5:30 Saturday 10:15 – 11:00

High Steppers I- 4½ & 5 year old girls \$60/month

In this class beginning school age girls will be introduced to and begin to master introductory level skills on all events. Class will focus on rolls, cartwheels, handstands and all beginning level apparatus skills. This 1-hour class meets once a week.

Monday 5:30 – 6:30 Friday 11:45 – 12:45

Thursday 7:15 – 8:15 Saturday 12:15 – 1:15



Annual Family Registration Fee \$45.00

BEGINNING GYMNASTICS

School Age

High Steppers II – 5 & 6yr old girls \$60/month

This is our advanced gymnastics-movement program. Students will be refining previously taught skills while perfecting locomotion, hand-eye coordination and fine motor skills. Children will learn variations of cartwheels, back bends, and the fundamentals of gymnastics on the apparatus.

This 1- hour class meets once a week

Tuesday 5:15 – 6:15

Wednesday 7:00 – 8:00

Saturday 10:45 – 11:45

Hot Shots - 7 & 8 year old girls \$60/month

An exciting and energetic introduction to the sport of gymnastics for school-age children. This class introduces the first time gymnast to the fundamentals of basic gymnastics. Rolls, cartwheels, backbends, and beginning level apparatus skills will be a part of this 1-hour program

Monday 6:30 – 7:30 Thursday 6:30 – 7:30

Tuesday 4:15 – 5:15 Saturday 11:15 – 12:15

Tuesday 7:00- 8:00

Superstars - 8 and over girls \$105/month

Beginner II level of gymnastics for girls ages 7 - 10 years old. This class focuses on perfecting previously taught skills and introduces more advanced skills on all apparatus. Rolls, cartwheels, handstands and backbends must be mastered. Students will be progressing to walkovers and beginning level flight skills. Class meets for one 2-hour session each week.

Monday 4:30- 6:30

Wednesday 5:45 – 7:45

Thursday 6:15 – 8:15

Saturday 11:45 – 1:45

INTERMEDIATE GYMNASTICS

School Age

Adv. Superstars – 8 and over girls

\$105/month

An intermediate level of gymnastics for girls ages 9 & over who have mastered walkovers and basic apparatus skills such as pullovers and back hip circles. Flight skills such as front and back handsprings will be introduced in this level. This class meets for one 2-hour class once or twice a week.

Tuesday 6:15 – 8:15

Saturday 1:30 – 3:30

GOLD MEDAL PROGRAM

Advanced gymnastics

Skill evaluation required for placement

Pre K Elite \$70/month

Thursday 4:00 – 5:15

Jr. Elite \$105/month

Monday 5:45 – 7:45

Thursday 4:30 – 6:30

Saturday 8:45 – 10:45

Saturday 1:45 – 3:45

Adv. Jr. Elite \$105/month

Tuesday 5:30 – 7:30

Wednesday 5:30 – 7:30

Friday 4:30- 6:30

Saturday 11:45 – 1:45

Ult. Jr. Elite \$130/month **Rec. Optional** \$130/month

Tuesday 4:30 – 7:30 Monday 5:00 – 8:00

Saturday 2:00 – 5:00 Wednesday 5:30 – 8:30



Turle's offers a variety of gymnastics and inflatable birthday party packages to meet all of your children's birthday party needs.

Call today to find out more!