

TRAMPOLINE

School Age

Beg. Trampoline – 5 - 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.

Wednesday 4:30 – 5:30

Novice Trampoline – 7 & over boys & girls
\$90/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
\$90/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 8:15 – 9:15

Additional Times Available as schedule for private groups. Please call Nicole to find out more.



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

TUMBLING

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.

Monday 8:00 – 9:00 Wednesday 6:00 – 7:00

Intermediate Tumbling \$60/month
For school age girls 7 – 12yrs old to continue mastery of standing back handspring and progress to round off back handsprings and series tumbling.

Wednesday 7:00 – 8:00 Thursday 7:30- 8:30

Advanced Tumbling \$90/month
Advanced tumbling and strength for school age girls 9 – 12yrs old. Class designed to develop front and back standing tumbling, series and salto tumbling. Must have back handspring independently.

Tuesday 6:45 – 8:15 Monday 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 skills. Basic rebound skills such as front and back handsprings will be covered.

Monday 8:30 – 9:30 Thursday 8:15 – 9:15

Tuesday 4:45 – 5:45

Adv. High School Tumbling \$60/month
An accelerated program for High School girls who have mastered round-off back handsprings.

Tuesday 8:15 – 9:15 Wednesday 8:00 – 9:00

OPEN GYM

Open Gyms are offered on
Fridays from 7:30 – 9:00pm
Members \$10
Non Members \$20

Turle's



2010 - 2011

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BEGINNING GYMNASTICS

Toddler - Pre-K

Tiny Tumblers 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 in this gymnastics-based program.

Thursday 6:30 – 7:00

Jumpin Jacks-3 & 4 yr old boys and girls \$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 6:00 – 6:45 Friday 10:00 – 10:45

Tuesday 6:15 – 7:00 Saturday 9:00 – 9:45

Wednesday 5:30 – 6:15

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

In this class beginning Pre K 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.

Tuesday 7:00 – 8:00 Friday 10:45 – 11:45

Wednesday 6:15 – 7:15 Saturday 12:00 – 1:00

Thursday 5:30 – 6:30

Cheerleading

Toddler - Pre-K

Tiny Twinklers Cheer - \$44/month –ages 4-6yrs

Let the little ones shout it out! Pre K Cheerleaders will develop basic cheers, dance, stunting, and tumbling in this incredible program Local competitions and uniforms have additional fees.

Saturday 11:00 – 11:45

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.

Tuesday 5:15 – 6:15 Thursday 7:00 – 8:00

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.

Rolls, cartwheels, backbends, and beginning level apparatus skills will be a part of this 1-hour program.

Monday 6:45 – 7:45 Saturday 9:45 – 10:45

Tuesday 4:15 – 5:15 Saturday 1:00 – 2:00

Wednesday 7:15 – 8:15

Superstars – 7-9yr old girls \$110/month

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 Saturday 9:00 – 11:00

Thursday 6:15-8:15

Competition Cheerleading

Competition cheerleading is available for gymnasts ages 5 and over. Please stop by the front desk if you are interested in more information on Turle's Competitive Cheer.

INTERMEDIATE – ADVANCED GYMNASTICS

Jr. Elite₅ – 7yrs \$110/month

An intermediate level of gymnastics for girls ages 5-7yrs old. Two hour class focuses on skill development and technique presentation.

Monday 6:00- 8:00 Friday 5:30 – 7:30

Tuesday 4:45-6:45 Saturday 11:00 – 1:00

Adv. Jr. Elite₇-9yrs \$110/month

Advanced training for girls ages 6-9yrs with previous gymnastics training and mastery of beginning – intermediate skills.

Thursday 5:45 – 7:45 Saturday 11:15 – 1:15

Adv. Superstars – 8 and over girls \$110/month

An intermediate level of gymnastics for girls who have previous gymnastics training and mastery of beginning level skills.

Monday 6:30- 8:30 Thursday 4:15 – 6:15

Ult. Jr. Elite 7-12yrs \$145/month

Advanced gymnastics instruction for gymnasts training for entry into competitive gymnastics with focus on compulsory level skills and routines.

Friday 4:30 – 7:30

Rec. Optional 9-12yrs \$145/month

Advanced gymnastics instruction for gymnasts training for entry into competitive gymnastics with focus on prep. optional level skills and routines.

Tuesday 5:45 – 8:45 Saturday 11:00 – 2:00

Competition Gymnastics

Turle's Competitive Gymnastics team includes Level 2 – 10 and Prep. Optional. Placement on team is by determined at set try-out dates during the year. If interested in signing your child up for our next try out session please stop by the front office and speak with Kathy or Nicole.