



GYMNASTICS

7420 N. Broadway, Suite F • Oklahoma City, Oklahoma 73116 • (405) 848-5308
 www.metrogymokc.com • metrogymokc@sbcglobal.net

2012 Summer Session

Classes Begin June 4th—July 27th

| | | | | | |
|-------------------------------------------------------------------------------------------------|-------------|------------------------------|------------------------------|------------------|------------------------------------------|
| Mini-Mights: Parents/Tot — Boys and Girls (<i>Walking—3 Years Old</i>) | | | | | |
| \$40.00/Month (one day)* | | | | | |
| Friday | | 9:30—10:10 | 10:30—11:10 | | |
| Mighty Mights — Boys and Girls (<i>3, 4 & 5 Years Old</i>) One or Two Days/Week | | | | | |
| \$45.00/month (one day)* | | \$85.00/month (two days)* | | | |
| Tuesday | 9:00—9:45 | 10:00—10:45 | 11:00—11:45 | Wednesday | 9:00—9:45 10:00—10:45 11:00—11:45 |
| Friday | | 9:35-10:20 | 10:35—11:20 | | |
| Girls Class (<i>6 years and up</i>) One or Two Days/Week | | | | | |
| \$50.00/month (one day)* | | \$90.00/month (two days)* | | | |
| Tuesday | 9:00—10:00 | 10:00—11:00 | 11:00—12:00 | Wednesday | 9:00—10:00 10:00—11:00 11:00—12:00 |
| Boys Gymnastics (<i>5 years and up</i>) One or Two Days/Week | | | | | |
| \$50.00/month (one day)* | | \$90.00/month (two days)* | | | |
| Tuesday | 10:00—11:00 | | Wednesday 10:00—11:00 | | |
| Tumbling (<i>7 years and up</i>) <i>Must be able to do a round-off</i> | | | | | |
| \$50.00/month (one day)* | | \$90.00/month (two days)* | | | |
| Tuesday | 9:00—10:00 | Wednesday 10:00—11:00 | | | |
| Hot Shots (<i>Invitation Only</i>) | | | | | |
| \$50.00/month (one day)* | | \$90.00/month (two days)* | | | |
| Tuesday | 11:00—12:00 | Wednesday 11:00—12:00 | | | |
| Big Shots (<i>Invitation Only</i>) • * June 7th—August 12th | | | | | |
| \$75.00/month (one day)* | | \$110.00/month (two days)* | | | |
| Monday | 10:30—12:00 | Thursday 10:30—12:00 | | | |
| Metro Team Alumnae Class | | | | | |
| One Day/Week | | \$50.00/Month (One Day) | | | |
| Wednesday | | 11:00—12:00 | | | |

Clip and mail with \$10 Individual / \$15 Family Registration Fee to Metro Gymnastics
No Registration Fee due for those previously enrolled in Fall 2011-2012 Session

Please enroll:

| | | | | |
|---------------|------------|------|------------|----------------------|
| Student: Last | First | Age | Grade | Birthday (mo/day/yr) |
| Home Address | | City | Zip | |
| School | E-Mail | | Home Phone | |
| Father's Name | Cell/Pager | | Work Phone | |
| Mother's Name | Cell/Pager | | Work Phone | |

Any Medical Conditions

RELEASE: I hereby consent to have my child/ward participate in programs offered by Metro Gymnastics, LLC. It is hereby agreed that I, my child(ren) adopted or otherwise, my executors, waive and release all rights and claims for damages that I may have at any time against Metro Gymnastics, LLC, its representatives whether paid or volunteer for any injury or damages in connection with the gymnastics program or other activities related to the METRO GYMNASTICS PROGRAM. The serious risks involved in respect to such a program are fully understood. **PERMISSION FOR MEDICAL TREATMENT:** I confirm that the above named person is in good health. I hereby authorize simple first aid and consent to any x-ray exam, and medical or surgical diagnosis which is deemed necessary.

DOCTOR'S NAME: _____ PHONE: _____

SIGNATURE: _____ DATE: _____

Parent or Guardian

Summer 2012

Class (Day and Time) _____

CALL THE OFFICE FOR CLASS AVAILABILITY



METRO CELEBRATES 31 YEARS OF GYMNASTICS



~Summer Day Camps~

Reserve your spot by calling or emailing the office:
848-5308 or metrogymokc@sbcglobal.net

Mondays @ Metro

Ages 5 and up • \$20 first child and \$10 for sibling
12:00-3:00 p.m. • Mondays ~ June 18th and July 16th

Pizza and drink provided. Come and enjoy an afternoon at the gym! Let's play games and, of course, have some gymnastics fun! Please bring a towel and wear a swimsuit.

Lunch Bunch

Ages 3, 4, and 5 years old • \$15/child
11:30-1:00 p.m. • Fridays ~ June 15th and 29th • July 13th and 27th

*This summer several Lunch Bunch times are offered during the afternoon to give the preschoolers a chance to have lunch with an instructor. The children will have a structured 45-minute gymnastics lesson and enjoy making a craft. **Don't forget to bring a sack lunch to eat with the teacher.** It's the perfect time for Mom to have a lunch date with her friends.*

Backhandspring Back Tuck Clinics

Want to perfect your Backhandspring or work on your Back Tuck? Join our experienced coaching staff this summer as we spend an hour just working on backhandsprings or back tucks. Bigshot or Team members can stay at the gym after they finish their morning workout.

\$15/gymnast
12:30-1:30 p.m. • Mondays ~ June 11th and 25th • July 9th and 23rd



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