

Houston Gymnastics Academy Spring 2012 Class Schedule

January 2, 2012- June 2, 2012

Preschool Classes (Ages 1-5). All Classes Meet Once Per Week. * Indicates That Classes Are Combined

Class Type	22 Week Tuition	Monday	Tuesday	Wednesday	Thursday	Saturday
ROLLY POLLY I 12-24 Months (30 min)	\$330.00	9:00am 10:00am 11:00am	*9:00am 11:00am	9:00am 10:00am 11:00am	9:00am 11:00am	
ROLLY POLLY II 2 Yrs Old (45 min)	\$436.00	9:00am 10:00am	*9:00am 10:00am	9:00am 10:00am	11:00am	
LOVEBUGS 2.5-3 Yrs (Transitional)	\$436.00	10:00am 11:00am 12:00pm 5:45pm	9:00am 10:00am 11:00am 1:30pm	9:00am 10:00am 11:00am	9:00am 10:00am	9:00am (Coed)
FIREFLIES 3 Yrs	\$436.00	11:00am 1:30pm 2:30pm 3:45pm 4:45pm 5:45pm 6:45pm	10:00am 11:00am 1:30pm 3:45pm 4:45pm 5:45pm 6:45pm	1:30pm 3:45pm 4:45pm 5:45pm	10:00am 3:45pm 4:45pm 5:45pm 6:45pm	10:00am (Coed)
BUTTERFLIES 4-5 Yrs Beginner Girls	\$436.00	1:30pm 2:30pm 3:45pm 4:45pm 6:45pm	1:30pm 2:30pm 3:45pm 4:45pm 5:45pm	3:45pm 4:45pm 5:45pm 6:45pm	10:00am 1:30pm (coed) 3:45pm 4:45pm 5:45pm 6:45pm	*11:00am (Coed)
LADY BUGS 4-5 Yrs Old Intermediate/Adv girls	\$436.00	3:45pm 4:45pm 5:45pm 6:45pm	2:30pm 3:45pm 4:45pm 5:45pm 6:45pm	2:30pm 3:45pm 4:45pm 5:45pm 6:45pm	11:00am 1:30pm 3:45pm 4:45pm 5:45pm	
YELLOW JACKETS 4-5 Yrs Beginner Boys	\$436.00	2:30pm 3:45pm 5:45pm	1:30pm 3:45pm	1:30pm 3:45pm 5:45pm	1:30pm (coed) 3:45pm 5:45pm	*11:00am (Coed)
TIGER BEETLES 4-5 Yrs Intermediate/Adv boys	\$436.00	4:45pm 6:45pm	2:30pm 4:45pm	4:45pm 6:45pm	4:45pm 6:45pm	

School Age and Cheer Classes (Ages 6 and Up). All Classes Meet Once Per Week. * Indicates That Classes Are Combined

Class Type	22 Week Tuition	Monday	Tuesday	Wednesday	Thursday	Saturday
Girls Level 1 Beginner	\$554.00	*3:50pm 5:10pm *6:30pm	3:50pm 5:10pm 6:30pm	*3:50pm 5:10pm 6:30pm	*3:50pm 5:10pm *6:30pm	
Girls Level 2 Intermediate	\$554.00	*3:50pm 5:10pm *6:30pm	3:50pm 5:10pm 6:30pm	*3:50pm 5:10pm 6:30pm	*3:50pm *6:30pm	
Girls Level 3/4 Advanced	\$554.00	3:50pm 5:10pm 6:30pm		3:50pm	5:10pm	
Boys Level 1 Beginner	\$554.00		3:50pm *6:30pm	3:50pm *6:30pm	3:50pm *6:30pm	
Boys Level 2 Intermediate	\$554.00		5:10pm *6:30pm	5:10pm *6:30pm	5:10pm *6:30pm	
Cheer Tumbling Level 1	\$554.00	3:50pm *5:10pm		*3:50pm	3:50pm	
Cheer Tumbling Level 2	\$554.00	*5:10pm		*3:50pm 5:10pm		
Cheer Tumbling Level 3	\$554.00	6:30pm				
Girls/Boys 1&2	\$554.00					9:00am (Coed)

Tumbling and Trampoline Recreational Classes (Ages 6 and Up)

Class Type	20 Week Tuition	Monday	Tuesday	Wednesday	Thursday	Saturday
T&T Level 1-2	\$554.00	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	3:50pm 5:10pm	
T&T Level 3-4	\$554.00			6:30pm	6:30pm	
Adult Tumbling (13 and Up)	\$70/ 4 sessions	7:45pm		7:45pm		

Other Recreational Classes

Class Type	20 Week Tuition	Monday	Tuesday	Wednesday	Friday	Sunday
Olympic Fit	\$70/ 4 sessions			6:30pm-7:30pm 7:30pm-8:30pm		
Free Motion Open Gym	\$10/Class				8:30pm - 10:30pm	5:30pm-7:30pm
Parkour	\$70/ 4 sessions				7:00pm	

Updated 10/27/2011

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Parent & Me, Tots & Preschool Class Descriptions

Parent and Me

Ages Vary

Parent and Me classes are an excellent way to enjoy physical activity with your child as they develop important motor skills. Parents accompany children as they explore the gym and learn beginning gymnastics skills. Active hands on parent participation is required.

Rolly Polly I = Baby Gym 12 months-2 years [30 minute class]

Rolly Polly II = Toddler 2 years - 3 years [45 minute class]

Lovebugs = Transition* 2.5 years - 3.5 years [45 minute class]

*Parents gradually become non-participants. Coach's approval required for non-participation.

Tot Class = Fireflies

Ages: 3.5 - 4 yrs. [55 min]

Tot classes are for our younger beginner gymnasts: for students either coming out of the transition class or for 4 year olds that are new to our program. Students must be able to stay with the class for 55 minutes. Children work on gymnastics skills on age appropriate equipment.

Preschool

Ages: 4 - 5 yrs. [55 min]

Butterflies = PS Girls Beginner

Yellow Jackets = PS Boys Beginner

Ladybugs= PS Girls Int / Adv

Tiger Beetles = PS Boys Int / Adv

Children ages 4 - 5 are evaluated and placed according to both age and ability, and are placed in beginner, intermediate, or advanced classes. Pre-School classes are separated into boys and girls for a better learning experience on their particular events.

Recreational Class Descriptions

Boys & Girls

Ages: 6 - 12 yrs. [See Below]

	Level 1	Level 2	Level 3	Level 4
Girls	Level 1 Core Skills: Plus Terminology, Gym Safety, Basic positions	Level 2 Core Skills:(Fx) Cartwheel,(Br) Pullover,(Bm) Levers,(Vt)-Hurdle and much more.	Level 3 Core Skills:(Fx)Roundoff,(Br) Cast Back Hip Circle, (Bm)Turns & Leaps,(Vt)- Handspring Flatback, & much more!	Level 4 Core Skills:(Fx) Flip Flops, (Br) Front Mill Circle (Bm)Cartwheel, Handstand, (Vt) Handsprings and much more!
Boys	Level 1 Core Skills: Plus Terminology, Gym Safety, Basic positions	Level 2 Core Skills: Plus Basic Skills on the 6 apparatuses	See Front Office for details.	See Front Office for details.

Cheerleading

Ages: 6-12 yrs. [70 min]

Cheer classes focus on cheerleading fundamentals including: cheerleading motion technique, jumps and tumbling. Stunting and chants are also incorporated. Beginner and Intermediate cheer classes are available. Students will be evaluated and placed in the appropriate class.

Tumbling & Trampoline

Ages 6-14 yrs. [70 min]

Tumbling and Trampoline classes utilize the spring floor, tumbling strip, tumbling trampoline, and in-ground trampolines to teach beginner through advanced tumbling skills. Floor and trampoline are the only events incorporated into the class.

Adult Tumbling

Ages 13 yrs. & up [70 min]

All levels of gymnasts participate in the unstructured format with varying goals: including cheer tryouts, strength building and just plain fun!

Olympic Fit

Ages 16 yrs and up [60 min]

Olympic Fit focuses on independent gymnastics training, based on each participant's athletic levels. The class also incorporates cardio and strength training in major body parts such as legs, arms, and the core.

Parkour

Age 8-14 years [70 min]

Our Parkour classes here are focused upon the fundamentals of Parkour movement, which emphasizes safety and fun. Other integral parts of our program are strength and flexibility. We begin with basic rolls and jumps; as the students progress, so do the movements and concepts. We encourage each student to set their own goals and find their own way to reach them, instead of comparing themselves to others. This way, the student is always being challenged at their own safe pace.