



PROGRAM GUIDE 2017-2018



CELEBRATING 10 YEARS!

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Session Calendar

Session 1 Sept 4—Sept 30

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

-Gym closed for Labor Day Sept 4

Session 2 Oct 2—Oct 28

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28

Session 3 Oct 30—Nov 25

MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25

-Gym closed for Thanksgiving Nov 23-Nov 24

-Tuition Due ■ -Gym Closed

Session 4 Nov 27—Dec 23

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23

-Gym closed for Winter Break Dec 25—Jan 7

Session 5 Jan 8—Feb 3

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31	1	2	3

Session 6 Feb 5—March 3

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	1	2	3

Session 7 March 5—March 31

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

Session 8 April 9—May 5

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	1	2	3	4	5

Session 9 May 7—June 2

MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30	31	1	2

-Gym closed for Spring Break April 2—April 8

-Gym closed for Memorial Day May 28

Session 10 June 4—30

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

Session 11 July 9—Aug 4

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31	1	2	3	4

Session 12 Aug 6—Sept 1

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	31	1

-Gym closed for Summer Break July 2—July 8

Why Gymnastics?

A quality gymnastics sports program for children can play a tremendous part in a child's development toward a healthy and active adulthood. Gymnastics provides a variety of movement which develops muscular coordination. A positive experience in sports, such as Gymnastics, is an excellent method for building confidence, strength, coordination, flexibility, and a positive self image. We believe positive yet disciplined activities can become a lifestyle.

Our Gymnastics Facility and Staff

Our state of the art gymnastics facility contains more than 6,500 square feet of training areas dedicated to boys and girls gymnastics. Completely equipped with approved USA Gymnastics apparatus and training equipment for the preschooler through advanced gymnast. We have all the latest training aids for the development of gymnastics including an in-ground trampoline, foam pit and tumble-trampoline. At Saddle Rock School of Gymnastics our coaching staff must meet our highest expectations, including a background check, previous experience working with children, and experience in gymnastics both as a coach and participant. All of our coaches strive to teach, guide, and develop your child into a better gymnast and person.

Annual Registration fee per student \$30

Due at the time of registration. Fee covers each student and allows them registration to all special events held at Saddle Rock School of Gymnastics.

Birthday Parties

Saddle Rock School of Gymnastics birthday parties are FUN-TASTIC! Designed around your child ages 3 & Up.

\$185 -Up to 10 kids including birthday child. **Each additional child is \$8.00 up to 15 kids
\$260- Includes 16 to 20 kids.

Saturday 1pm, 3pm, or 5pm
Sunday 1pm, 3pm, or 5pm

Gymnastics parties include:

- "Shark Attack" our famous inflatable slide and obstacle course
- Traverse Rock Climbing Wall
- Games
- Help with serving, gifts, and clean up.

- Great party invitations
- Party Coordinator
- 1 Hour in Gym
- 1/2 Hour in Party Room

Private lessons

Lessons are designed for students who may want or need extra help in achieving a specific skill or a variety of skills.

Single 30 minute session \$38

Semi 30 minute session \$46

Single 45 minute session \$47

Semi 45 minute session \$56

Single 1 hour session \$60

Semi 1 hour session \$70

We also offer sessions for private groups, field trips, students off track, home school, and day care programs: Please stop by the gym or call the office for more information.

Open Gym

\$10.00 per child (ages 6 and up)
EVERY Friday from 6:30-7:30 pm

Preschool Gymnastics

*All Sessions are 4 weeks long

Roli Poli's (18 months-3 years) \$65/Session

A class designed for boys and girls where both child and parent participate. Activities include: jumping, climbing, running, hanging, and rolling.

Monday 9:00-9:45 am
Thursday 9:00-9:45 am
Saturday 8:00-8:45 am

Munchkins (3-4 years) \$67/Session

Boys and Girls participate without the assistance of the parent. Class focus is on developing good body positions on apparatus.

Monday 10:00-10:45 am
Tuesday 9:00-9:45 am or 10:45-11:30 am
Wednesday 1:30-2:15 pm
Thursday 10:00-10:45 am
Saturday 8:45-9:30 am or 9:00-9:45 am

Mat Kats (5 years) \$77/Session

Boys and Girls are increasing their physical abilities in gymnastics. Different body positions including strength and flexibility are introduced on all apparatus, including trampoline.

Monday 4:30-5:30 pm
Tuesday 9:45-10:45 am or 4:00-5:00 pm
Wednesday 12:30-1:30 pm
Thursday 4:00-5:00 pm
Saturday 9:45-10:45 am

Shooting Stars (5 years-Coach Selected) \$87/Session \$114/Session for both

A fast track class for students who have demonstrated the basic gymnastics body positions and skills at an accelerated pace.

Wednesday 4:00-5:00 pm
Saturday 9:45-10:45 am

Girls Gymnastics

Gym Kats (6 years & up)

1 day a week \$80/Session
2 days a week \$115/Session

A class once or twice a week designed for beginning girls with little or no gymnastics experience. Students are introduced to basic skills on: vault, uneven bars, balance beam, floor exercise, and trampoline.

Monday-Friday 4:30-5:30 pm or 5:30-6:30 pm
Saturday 10:30-11:30 am or 11:30-12:30 pm

Gym Stars (6 years & up-Coach selected)

1 day a week \$87/Session
2 days a week \$114 Session

An intermediate class, once or twice a week for girls who have accomplished these skills; cartwheels, round offs, back walkover, front limber, chin up pull over on bars, one cast back hip

circle on bars, handstand on vault, and a cartwheel and handstand on the low beam. Includes strength and flexibility conditioning.

Monday 4:45-5:45 pm
Tuesday & Thursday 5:00-6:00pm or 6:00-7:00pm
Wednesday 5:15-6:15 pm
Thursday 4:30-5:30 pm
Friday 4:45-5:45 pm
Saturday 11:00 am-12:00pm

Little Divas (7 years & up-Coach Selected) \$127/Session (2 days/week) \$98/Session (1 day/week)

An advanced class for girls that meets twice a week. Girls in this class have accomplished these skills; cartwheels (both sides), round offs, back walkover, back hand-spring, round off back hand spring, front hand spring, cartwheel on high beam and back walkover on low beam, chin up pull over on bars, tap swings, a long hang pull over, and a front hand spring on vault. Includes strength and flexibility conditioning.

Monday & Wednesday 5:00-6:30 pm
Saturday 11:00am-12:30pm

Girls Gymnastics Continued

Hot Shots

An advanced class for girls that meets twice a week. Students must have these accomplished skills; round off with multiple back hand springs, front hand spring, front tuck, back tuck, back walk over on high beam, glide kip on bars, front hand spring on vault, and a half on, on vault. Includes strength and flexibility conditioning.

Hot Shots I (7 years & Up-Coach Selected) \$134/Session Tuesday & Thursday 5:00-6:30 pm

Hot Shots II (7 years & Up-Coach Selected) \$160/Session Tuesday & Thursday 5:00-6:30 pm and Friday 5:00-6:00pm

Boys Gymnastics

Tumbling Tigers (6 years & up)

1 day a week \$80/Session
2 days a week \$114/Session

A class once a week designed for beginning boys with little or no gymnastics experience. Students are introduced to basic skills on; pommel horse, still rings, vault, parallel bars, high bar, trampoline and spring floor.

Wednesday 4:30-5:30 pm
Thursday 4:30-5:30 pm
Friday 5:30-6:30 pm
Saturday 10:30-11:30am 11:30-12:30 pm

Little Dudes (7 years & up-Coach Selected)

1 day a week \$87/Session
2 days a week \$114/Session

An advanced boys class once a week for boys that have these accomplished skills; cartwheels, round off, back hand spring, pull over on bars, tap swings on bars, and a hand stand on vault table.

Friday 4:30-5:30 pm
Saturday 11:00-12:00 pm

Tumbling

Bounders (7 years & up)

1 day a week \$80/Session
2 days a week \$114/Session *Advanced

A tumbling class using spring floor, trampoline, and tumble-trampoline. Class concentrates on the following skills; cartwheels, aerials, round offs, back handsprings, tucks, layouts, full twists, and front tumbling. Includes strength and flexibility conditioning.

Tuesday 6:30-7:30 pm *Advanced
Friday 5:00-6:00 pm *Advanced
Thursday 6:30-7:30 pm Beginning/Intermediate

Contact Us

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