

# SADDLE ROCK SCHOOL OF GYMNASTICS

## PROGRAM GUIDE 2016-2017



5940 S. Gun Club Road  
 Aurora, CO 80016  
 Phone: 303-680-1710  
 Fax: 303-680-7494  
[www.saddlerockgym.com](http://www.saddlerockgym.com)  
[info@saddlerockgym.com](mailto:info@saddlerockgym.com)

### Session Calendar

-Tuition Due -Gym Closed

Session 1 Aug 29—Sept 24

MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

Session 2 Sept 26—Oct 22

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22

Session 3 Oct 24—Nov 19

MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19

-Gym closed for Labor Day Sept 5

Session 4 Nov 21—Dec 17

MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
28	29	30	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17

Session 5 Jan 2—Jan 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 6 Jan 30—Feb 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 24—Nov 25  
 -Gym closed for winter break Dec 19—Jan 1

Session 7 Feb 27—March 25

MON	TUE	WED	THU	FRI	SAT
27	28	1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25

Session 8 April 3—April 29

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29

Session 9 May 1—May 27

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	26	26	27

-Gym closed for Spring Break March 27—April 2

Session 10 May 29—June 24

MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

Session 11 July 3—July 29

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29

Session 12 July 31—Aug 26

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26

-Gym closed for Memorial Day May 29  
 -Gym closed for Summer Break June 26—July 2

-Gym closed for Independence Day July 4

# 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:

- Great party invitations
- Party Coordinator
- 1 Hour in Gym
- 1/2 Hour in Party Room
- "Shark Attack" our famous inflatable slide and obstacle course
- Traverse Rock Climbing Wall
- Games
- Help with serving, gifts, and clean up.

## 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) \$64/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) \$66/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) \$75/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 10:45-11:45 am & 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) \$85/Session \$112/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 \$79/Session  
2 days a week \$112/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 \$85/Session  
2 days a week \$112 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.

Tuesday & Thursday 5:00-6:00pm or 6:00-7:00pm  
Thursday 4:30-5:30 pm  
Saturday 11:00 am-12:00pm

### Little Divas (7 years & up-Coach Selected) \$125/Session

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 handspring, 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

## 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) \$132/Session

Tuesday & Thursday 5:00-6:30 pm

### Hot Shots II (7 years & Up-Coach Selected) \$158/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 \$79/Session  
2 days a week \$112/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 \$85/Session  
2 days a week \$112/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 \$78/Session  
2 days a week \$112/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

5940 S. Gun Club Road

Aurora, CO 80016

(303)680-1710

Email us: [info@saddlerockgym.com](mailto:info@saddlerockgym.com)

