

Why Gymnastics?

- Increased Self Confidence
- Increased Coordination, Strength, Flexibility
- Develops Work Ethic
- Develops Problem Solving Skills
- Encourages Mental Discipline
- Enhances Fitness
- We Are ALL About Gymnastics!

Why Saddle Rock?

- Great Customer Service
- Coach/Parent Communication
- Low Student to Teacher Ratios
- Competitive Pricing
- Consistent Class Curriculum
- Safety Certified Coaches
- Clean & Safe Environment
- We Are ALL About the Kids!

Program Overview

- 12 Sessions
- 4 Weeks of Classes each Session
- \$30 Annual Fee, Non-Refundable
- Valid 1 Year
- No Refunds once Session starts
- Move-Ups are based on Individual Progress

Session 1 9/9-10/5	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 2 10/7-11/9
	9	10	11	12	13	14	7	8	9	10	11	12	
	16	17	18	19	20	21	21	22	23	24	25	26	
	23	24	25	26	27	28	28	29	30	31	1	2	
	30	1	2	3	4	5	4	5	6	7	8	9	
Session 3 11/11-12/7	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 4 12/9-1/18
	11	12	13	14	15	16	9	10	11	12	13	14	
	18	19	20	21	22	23	16	17	18	19	20	21	
	25	26	27	28	29	30	6	7	8	9	10	11	
	2	3	4	5	6	7	13	14	15	16	17	18	
Session 5 1/20-2/15	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 6 2/17-3/15
	20	21	22	23	24	25	17	18	19	20	21	22	
	27	28	29	30	31	1	24	25	26	27	28	1	
	3	4	5	6	7	8	3	4	5	6	7	8	
	10	11	12	13	14	15	10	11	12	13	14	15	
Session 7 3/24-4/19	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 8 4/21-5/17
	24	25	26	27	28	29	21	22	23	24	25	26	
	31	1	2	3	4	5	28	29	30	1	2	3	
	7	8	9	10	11	12	5	6	7	8	9	10	
	14	15	16	17	18	19	12	13	14	15	16	17	
Session 9 5/19-6/14	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 10 6/16-7/19
	19	20	21	22	23	24	16	17	18	19	20	21	
	26	27	28	29	30	31	23	24	25	26	27	28	
	2	3	4	5	6	7	7	8	9	10	11	12	
	9	10	11	12	13	14	14	15	16	17	18	19	
Session 11 7/21-8/16	M	T	W	TH	F	S	M	T	W	TH	F	S	Session 12 8/18-9/13
	21	22	23	24	25	26	18	19	20	21	22	23	
	28	29	30	31	1	2	25	26	27	28	29	30	
	4	5	6	7	8	9	1	2	3	4	5	6	
	11	12	13	14	15	16	8	9	10	11	12	13	

CLOSURES:

Fall Break: Oct 14th- Oct 19th
 Christmas Break: Dec 23rd-Jan 4th

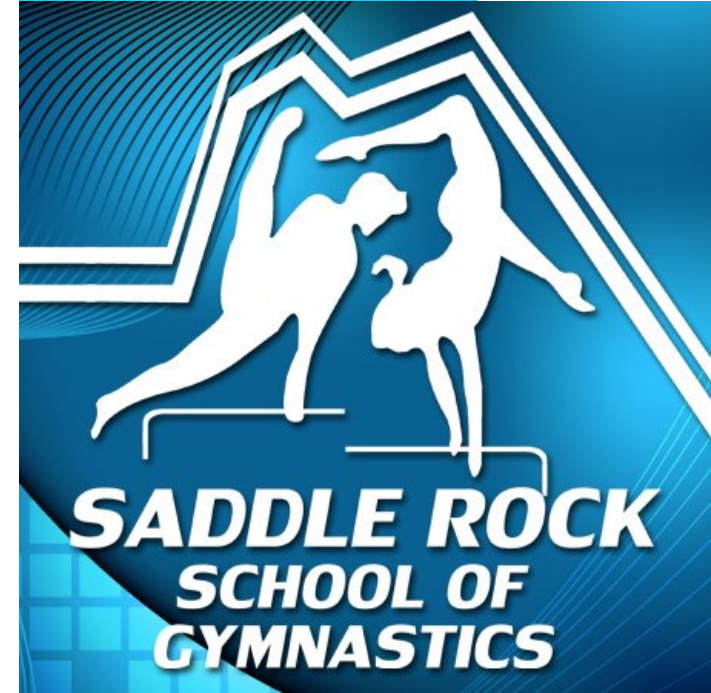
Tuition Week

CLOSURES:

Spring Break: Mar 17th-Mar 22nd
 Summer Break: Jun 30th-Jul 5th

Closed: Make-Up

Program Guide



2024-2025

CONTACT

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 80016

PRE-SCHOOL CLASSES (2-5 YEARS)

This program is designed to introduce basic gymnastics through exploration and creative movement. Basic positions, fundamental skills, terminology, reinforced listening skills, learning how to follow directions, and develop fine motor skills.

Roli Poli's 2-3y 4 Classes per session, 1 Class per week, 45 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
9:00-9:45am			9:00-9:45am	9:00-9:45am	8:00-8:45am

Starting at **\$71** Per Session

Munchkin's 3-4y 4 Classes per session, 1 Class per week, 45 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
10:00-10:45am	9:00-9:45am 10:45-11:30am	1:30-2:15pm	10:00-10:45am	10:00-10:45am	8:45-9:30am 9:00-9:45am

Starting at **\$74** Per Session

Rising Stars 3-4y 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
10:45-11:45am	9:45-10:45am	12:30-1:30pm	10:45-11:45am		

Starting at **\$87** Per Session
Coach Selected

Mat Kats 5-6y 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
4:30-5:30pm	4:00-5:00pm		4:00-5:00pm		9:45-10:45am

Starting at **\$87** Per Session

Shooting Stars 5-6y 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
		4:00-5:00pm			9:45-10:45am

Starting at **\$92** Per Session
Coach Selected

BOYS CLASSES (6+ YEARS)

Introduction to basic positions, fundamental skills, and terminology. Practiced on traditional gymnastics equipment (Vault, High Bar, Parallel Bar, Pommel Horse, Floor, Still Rings, Trampolines).

Tumblin' Tigers 6+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
			4:30-5:30pm	5:30-6:30pm	11:30-12:30pm

Starting at **\$90** Per Session

Little Dudes 7+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
				4:30-5:30pm	

Starting at **\$92** Per Session
Coach Selected

Ninja Kats 6-12y 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
5:45-6:45pm					

Starting at **\$90** Per Session

GIRLS CLASSES (6+ YEARS)

Introduction to basic positions, fundamental skills, and terminology. Practiced on traditional gymnastics equipment (Vault, Bars, Beam, Floor, Rings, Trampolines).

Gym Kats 6+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm	4:30-5:30pm 5:30-6:30pm	10:30-11:30am 11:30-12:30pm

Starting at **\$90** Per Session

Super Stars 6+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
	6:00-7:00pm	5:00-6:00pm	5:00-6:00pm	5:45-6:45pm	

Starting at **\$91** Per Session
Coach Selected

Gym Stars 6+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
4:45-5:45pm	5:00-6:00pm 6:00-7:00pm	5:15-6:15pm	4:30-5:30pm 5:00-6:00pm	4:45-5:45pm	11:00-12:00pm

Starting at **\$92** Per Session
Coach Selected

Little Divas 6+ 4 Classes per session, 1 Class per week, 90 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
5:00-6:30pm		5:00-6:30pm			11:00-12:30pm

Starting at **\$109** Per Session
Coach Selected

Hot Shots 7+ 8 Classes per session, 2 Class per week, 90 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
	5:00-6:30pm		5:00-6:30pm		

Starting at **\$146** Per Session
Coach Selected

TUMBLING/ACRO CLASSES (7+ YEARS)

Introduction to basic positions, fundamental skills, and terminology. Practiced on traditional acrobatic equipment (Floor, TumbTrak, Trampolines).

Bounders I 7+ 4 Classes per session, 1 Class per week, 60 minute

Mon	Tue	Wed	Thu	Fri	Sat
	6:30-7:30pm (Advanced)		6:30-7:30pm (Beginner)		

Starting at **\$90** Per Session

Bounders II 7+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
				5:00-6:00pm (Advanced)	

Starting at **\$90** Per Session
Coach Selected

Acrobatics 7+ 4 Classes per session, 1 Class per week, 60 minute classes

Mon	Tue	Wed	Thu	Fri	Sat
			6:00-7:00pm (Beginner)	6:00-7:00pm (Advanced)	

Starting at **\$90** Per Session



Parent's Night Out

Kids will have a blast socializing with friends, playing games, and work on gymnastics skills! Trampoline and swinging on the rope and rings are some of their favorite things!

Cost: \$25 Up to 30 kids
Time: Saturday: 6:00-8:00pm

Date:

- December 21st, 2024
- March 1st, 2025
- May 3rd, 2025
- June 28th, 2025
- August 30th, 2025

Theme:

- Winter Wonderland
- Lucky Charm
- May Flowers
- Summer Days
- Back to School



Birthday Parties

Saddle Rock parties are FUN-TASTIC! Designed around children 3 & up!

Cost: \$200- Up to 15 kids
\$280- Includes 16-20 kids
Times: Saturdays: 3pm or 5pm
Sundays: 3pm or 5pm

- Party Invitations
- Party Coordinator
- 1 hour in the gym
- 30 minutes in party room
- Shark Attack Slide
- Obstacle Course
- Traverse Rock Wall
- Games
- Help with setup and tear down



Private Lessons

Lessons are designed for students who may need extra help achieving a specific skill

- Single 30 minute - \$42
- Semi 30 minute - \$50
- Single 45 minute - \$51
- Semi 45 minute - \$60
- Single 1 hour - \$64
- Semi 1 hour - \$74