

CONRAD'S GYMNASTICS ACADEMY- SPRING 2012 GYMNASTICS AND TUMBLING

SESSION II: JANUARY 29TH—JUNE 9

NO CLASSES: APRIL 2– APRIL 7 & MAY 28TH

PRESCHOOL	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Parent & Tot (Walking - age 3) 45 min		9:45-10:30a 10:45-11:30a 6:30p-7:15p	9:45-10:30a 10:45-11:30a	5:30p-6:15p		9:30-10:15a
4's (Boys & Girls age 4) 45 min	6:30p-7:15p	9:45-10:30a 10:45-11:30a 5:30p-6:15p	9:45-10:30a 10:45-11:30a 5:30p-6:15p	6:30p-7:15p		10:30a-11:15a
Superstars (Invitation Only) 60 min				5:30p-6:30p		
Preschool Playtime (Walking to age 5) 60 min					10:30-11:30a	11:30a-12:30p
GIRLS	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Intro to Girls (Age 5 & 6) 50 min	5:30p-6:20p	5:30p-6:20p	6:30p-7:20p			
Girls 1 (Beginning) 50 min	5:30p-6:20p	6:30p-7:20p	6:30p-7:20p	5:30p-6:20p		9:30a-10:20a
Girls 2 (Intermediate) 50 min				6:30p-7:20p		10:30a-11:50a (Combined w/ Girls 3-80 min)
Girls 3 (Advanced) 80 min	6:30p-7:50p					10:30a-11:50a
BOYS	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Boys 1 (Ages 5&6) 50 min		6:30p-7:20p	5:30-6:20p			10:30a-11:20a (Combined with Boys 2)
Boys 2 (Ages 7 and up) 50 min		5:30p-6:20p	6:30p-7:20p			10:30a-11:20a
TUMBLING AND MORE	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Drop In Tumble (Ages 8 and Up) 60 min	7:30p-8:30p					
Open Gym (Ages 5 and Up)						7:00p-8:30p <i>Every 2 & 4th Sat</i>

Please see other side for class descriptions and important info! All classes are subject to change. Please call for exact availability.

General Info:

Attire: Girls: leotards, hair pulled back off face & shoulders, barefoot.
Boys: shorts and tucked-in t-shirt, barefoot.

• All participants must have a parent-signed release form on file to participate in class.

- If your child is over 6, you may leave the gym during class time- as long as the staff has an up-to-date cell phone number.
- Children are to be picked up promptly at the end of class.
- Tuition/Installment must be paid in full at time of enrollment.
- Children should place their belongings in cubby holes upon entering gym.
- Children must wait in the lobby until their coach calls their class to the gym area.
- Children are not allowed to be in the gym area when they are not in a supervised class.

REFUND POLICY

If within your child's first two weeks at Conrad's you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for your entire first term. If after your child's first 2 weeks at Conrad's you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Absolutely NO refunds are given on Open Gym, Drop In, or Private Lessons. Please see office staff for account credit details.

MAKE UP POLICY

Students receive two (2) make up classes per child per full session. Missed classes must be made up during Open Gym before the end of the month in which your session ends. No make up classes can be made up in other preschool or recreational classes.

TUITION

Annual Registration Fee: \$40 per family
 Discounts: 10% off 2nd class, 3rd class, etc.

	1 day/ wk 45 or 50 min	2 day/ wk 45 or 50 min	1 day/ wk 80 min	2 day/wk 80 min
Session 1 Paid in full	\$272	\$445	\$359	\$584
Session 2 Paid in full	\$272	\$445	\$359	\$584
Installment Plan*	\$59	\$97	\$76	\$125

* Installment plan is broken into ten EQUAL installments (Sept-June), due at the first of each month with a valid debit or credit card. It is not a "monthly" payment plan. Installment plan students are automatically re-enrolled in Session 2. Students may be dropped by written request during the year with 30 days notice.

CLASS DESCRIPTIONS

PRESCHOOL:

Parent-Tot (walking to age 3) Parents and their toddlers are introduced to the magic of gymnastics through creative play and nurturing instruction. They will learn such concepts as: next to, under, over, through and on top of, along with body awareness and social-building skills. Each class is infused with gymnastics fundamentals, creative movement, and progressive concepts designed to encourage the development of gross motor skills and general athleticism. Class includes many basic gymnastics skills like forward and backward rolls, cartwheels, jumping on the trampoline and tumble trak, balance beam & bar skills. (45 min)

4's (Boys and Girls age 4): Children develop independence by having class without a parent. Coaches give them multi-step instructions and allow them independence in the gymnastics circuits. Let us lavish praise on your fabulous little one as we teach more advanced gymnastics. Develop hand-eye coordination, improved strength, gross motor proficiency, listening skills, flexibility & FUN! (45 min)

Preschool Playtime (walking to age 5): This special time allows you and your preschooler to explore the bars, tumble track, foam pits, floor area, beams, trampolines, parachute fun, and air trak with the help of a preschool coach. Come spend quality time with your little ones as they develop coordination and balance, develop body awareness, make friends, and most of all, have FUN! (60 min.) *Pricing is drop-in, individual sessions. \$5 per child. Parents must accompany their child in the gym.*

GIRLS:

Focus is on all apparatus: Vault, Bars, Beam, Floor and Trampoline

Intro to Girls (ages 5 & 6): While kids build motor skills, they will also show improvement in social and intellectual skills, along with listening skills, attention span, and the ability to follow directions. Girls will rotate around floor, bars, beam, and vault. No preschool equipment. This class transitions girls to "big kid" equipment. (45 min)

Girls 1 (1st grade and up): This class develops basic gymnastics skills, strength and flexibility utilizing all equipment. These basic fundamentals develop coordination, flexibility, balance and endurance. (50 min)

Girls 2: Must have a bridge kickover, a pullover on bars & a cartwheel on low beam. Students will begin using their skills to develop routines.

Pre-Req: Beg. Girls or Evaluation. (50 min)

Girls 3: By invitation only. For gymnasts tracking toward competitive team. Lesson plans will focus on strength and conditioning while training USAG skills.

Pre-Req: Girls 2 or Evaluation. (80 min)

BOYS:

Train skills on the floor exercise, p-bars, high bar, vault, still rings and pommel horse, w/additional skills on trampolines. (50 min)

Boys 1: ages 5-6 **Boys 2:** ages 7 & up

TUMBLING & MORE:

Drop in Tumbling (ages 8 & up) Attention Cheerleaders and Dancers: Need your back walkover? Back handspring? Back Tuck? Full? If so, this class is for you! This class is for students who want instruction on tumbling. (60 min)
Pricing is drop-in, individual sessions. \$10 per class

Open Gym (ages 5 & up) Open gym is a supervised non-structured event. It is designed for students that want to practice skills that they have learned in class.

(90 min) *Pricing is drop-in, individual sessions. \$10*

