



# S.P.O.R.T. Gymnastics

Specialized Positive Olympic and Recreational Training

**Fall Play Gym Schedule** starts Mon. Sept. 14 (Same as last year.)

Tues. 10 –11:30 - last day Sept 8

**Fundamental Basics** 3 ½ - 4 ½ yrs.

Thurs. 4:15 – 5:00

Fri. 9:00 –9:45

**S.P.O.R.T. 1** 4 ½ - 6 yrs.

Mon. 4:00 –5:00

Mon. 5:00 –6:00

Mon. 6:00 –7:00

Tues. 4:00 –5:00

Wed. 5:00 –6:00

**S.P.O.R.T. Gym 2** 6 – 10 yrs.

Mon. 4:00 –5:00

Wed. 5:00 – 6:00

**S.P.O.R.T. Gym I Int.** 5 – 7 yrs.

Mon. 5:00 –6:00

Wed. 5:00 – 6:00

**S.P.O.R.T. Gym 2 Int. Boys**

Mon. 5:00 – 6:00

Wed. 5:15 –6:15

**Jr. Team** 6- 9 yrs.

Wed. 5:00 – 6:00

**Cross Training** 12 – 18 yrs.

Mon. 6:30 –7:30

Wed. 6:30 –7:30

**Break Dancing** 8 – 11 yrs. & 12 – 18 yrs.

Tues. 7:00 –8:00

**S.P.O.R.T. Teams**

S.P.O.R. T. has a variety of teams to meet the different needs of its athletes.

Coaches emphasize focus and hard work with lots of positive reinforcement.

Level 3: This is a beginning introduction to team and competition. Ages 6 – 9 yrs.

Workouts: Tues and/or Thurs. 4:00 –5:30

Cost: 1 day per week - \$60 per month

2 days per week - \$90 per month

**Rec. Opt. Novice** - This is also a beginning introduction to team. Ages 9 – 13 yrs.

Workouts: Tues and/or Thurs. 5:00 –7:00

Cost: 1 day per week - \$95 per month

2 days per week - \$145 per month

\*For all advanced level teams, please contact Sue Harris, Head Coach at 667-1538 or [sehathletics@aol.com](mailto:sehathletics@aol.com)

Changes in fees. \*Annual Registration \$30 per individual and \$40 per family

\*Annual registration includes a free T-shirt.

**Play Gym Drop In** \$5.00 per child or \$9 per family.

(Change in Open Gyms)

**Friday Night Open Gyms** are now the first and third Friday of each month, 7:00 –8:30.

Cost: \$8 per child or \$14 per family.

Calendar

Sept 8 Fall Classes Begin

Sept. 14 – Fall Play Schedule Starts

Oct. 2 – First Friday Night Open Gym

Oct. 23 – Halloween Parent’s Night Out

Nov. 21 – Inflatable Play Day

Nov. 26 – Gym Closed, Thanksgiving

Nov. 27 – Day After Thanksgiving Fun Camp Drop In

Dec. 18 – Holiday Parent’s Night Out

Dec. 21 – Jan 1 No Classes

Winter Vacation Open Gyms: Dec 21, 22, 23 & Dec. 28, 29, 30

Dec. 24 & 25 – Gym Closed

Dec. 31 – New Year’s Eve Party and Overnighter

March 29 – April 2 Springbreak No Classes

April 24 – Apple Blossom Kid’s Parade

May 31 – No Classes Memorial Day Weekend

June 3 – Last Day of Classes

June 21 – Summer Classes Begin