



# School Year Class Schedule 2018 - 2019

THE WORLD EXPERIENCES THE GLORY OF GYMNASTICS EVERY  
FOUR YEARS...AT *Head Over Heels* WE EXPERIENCE IT EVERY DAY!

**PROGRAMS                      MON                      TUES                      WED                      THURS                      FRI                      SAT**

**PRE-SCHOOL – Our amazing PRE-SCHOOL PROGRAMS (Ages as of September 1<sup>st</sup>)**

|   |                         |                         |                          |                          |                          |                          |
|---|-------------------------|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Little Dippers</b> 18 to 28 mos        | 12:50-1:35<br>4:20-5:05 |                         | 10:25-11:10              | 9:35-10:20               |                          | 9:05-9:50                |
| <b>Big Dippers Gym</b> 29 to 36 mos       | 12:50-1:35<br>4:20-5:05 |                         | 9:35-10:20               | 10:25-11:10              |                          | 10:05-10:50              |
| <b>Baby Ninja</b> 18 to 36 mos            | 1:40-2:25               |                         |                          |                          | 10:25-11:10              |                          |
| <b>Leaping Learners:</b> Gymnastics Plus! |                         |                         |                          | 9:30-11:00 2-3yrs        | 9:30-11:00 4-5yrs        |                          |
| <b>New Stars Gym</b> 3 yrs                | 1:40-2:30               | 10:25-11:15             | 9:30-10:20<br>6:25-7:15  | 12:45-1:35               | 11:10-12:00<br>4:25-5:15 | 9:00-9:50<br>10:00-10:50 |
| <b>Mini Stars Gym</b> 4 to 5 yrs          | 12:45-1:35              | 9:30-10:20<br>6:25-7:15 | 10:25-11:15<br>4:15-5:05 | 11:10-12:00<br>1:40-2:30 | 9:30-10:20               | 9:00-9:50<br>10:00-10:50 |
| <b>Lil' Ninja</b> 3 to 4 yrs              |                         | 4:15-5:05               |                          | 10:25-11:15              |                          | 11:00-11:50              |
| <b>Kicknastics</b> 3 to 5 yrs             | 1:40-2:30<br>6:15-7:05  |                         |                          | 4:15-5:05                | 10:25-11:15              |                          |
| <b>Mini Cheer</b> 3 to 5 yrs              |                         | 4:20-5:10               |                          | 11:10-12:00              |                          |                          |

**GIRLS/BOYS GYMNASTICS – Where children build strength & agility with self-confidence & perseverance.**

|  |           |                        |           |                        |           |                           |
|--|-----------|------------------------|-----------|------------------------|-----------|---------------------------|
| <b>Kinderstars (Girls)</b> 5 to 6 yrs                | 5:15-6:15 | 4:05-5:05              | 5:15-6:15 | 4:05-5:05              | 6:25-7:25 | 9:00-10:00<br>10:55-11:55 |
| <b>1st &amp; 2nd Grade Girls Gym</b>                 | 4:05-5:05 | 5:15-6:15              | 4:05-5:05 | 4:05-5:05<br>6:25-7:25 | 5:15-6:15 | 10:55-11:55<br>12:05-1:05 |
| <b>3rd &amp; 4th Grade Girls Gym</b>                 | 4:05-5:05 | 5:15-6:15              | 5:15-6:15 | 5:15-6:15              | 6:25-7:25 | 10:55-11:55               |
| <b>5th &amp; 7th Grade Girls Gym</b>                 |           | 4:05-5:05              | 6:25-7:25 | 7:30-8:30              | 5:15-6:15 | 12:05-1:05                |
| <b>8th &amp; Up Grade Girls Gym</b>                  | 7:20-8:20 |                        |           | 7:30-8:30              |           | 12:05-1:05                |
| <b>Advanced 1.5 Hour Girls*</b>                      | 6:10-7:40 | 4:30-6:00<br>6:25-7:55 | 4:30-6:00 |                        | 7:30-9:00 | 12:05-1:35                |
| <b>Advanced 2 Hour Girls*</b>                        | 6:25-8:25 |                        |           | 6:25-8:25              |           |                           |
| <b>Boys Gym K-2<sup>nd</sup> grades</b>              | 4:15-5:15 | 5:15-6:15              |           |                        | 5:15-6:15 | 10:00-11:00               |
| <b>Boys Gym 3<sup>rd</sup>-7<sup>th</sup> grades</b> |           |                        | 7:20-8:20 |                        |           | 1:15-2:15                 |

**NINJA ZONE – A combination of gymnastics, martial arts & obstacle course training. High energy!**

|                            |            |  |                          |           |           |             |
|----------------------------|------------|--|--------------------------|-----------|-----------|-------------|
| <b>Girls 6 to 11 years</b> |            |  |                          | 4:20-5:10 |           | 12:05-12:55 |
| <b>Boys 3 to 4 years</b>   | 12:45-1:35 |  | 10:25-11:15<br>4:15-5:05 |           | 4:15-5:05 | 10:00-10:50 |
| <b>Boys 5 to 6 years</b>   | 5:15-6:05  |  |                          | 6:20-7:10 | 4:15-5:05 | 9:00-9:50   |
| <b>Boys 7 to 11 years</b>  | 7:10-8:00  |  |                          | 5:15-6:05 |           | 11:00-11:50 |

**TUMBLING/CHEER (CO-ED) – Excellent for cheerleading and dance. J/T/S = JUMP, TUMBLE, STUNT!**

|  |           |                         |           |           |           |            |
|--|-----------|-------------------------|-----------|-----------|-----------|------------|
| <b>Cheer-J/T/S!</b> 6yrs & up              |           | 6:25-7:25               |           |           |           | 1:15-2:15  |
| <b>Tumbling 1<sup>st</sup>- 3rd grades</b> | 5:15-6:15 | 5:15-6:15               |           |           | 4:05-5:05 | 12:05-1:05 |
| <b>Tumbling 4<sup>th</sup>- 6th grades</b> | 5:15-6:15 |                         | 5:15-6:15 |           | 7:30-8:30 | 12:05-1:05 |
| <b>7th and Up – Advanced*</b>              |           | 7:30-8:30<br>8:00-9:00* |           | 7:30-8:30 |           |            |

**KICKNASTICS (CO-ED) – Karate Class with a twist of gymnastics.**

|                       |           |  |  |           |  |  |
|-----------------------|-----------|--|--|-----------|--|--|
| <b>6 Yr. &amp; Up</b> | 4:15-5:15 |  |  | 5:10-6:10 |  |  |
| <b>Advanced*</b>      |           |  |  | 7:15-8:15 |  |  |

**TRAMPOLINE (CO-ED) -Jump!**

|  |  |  |           |           |           |  |
|--|--|--|-----------|-----------|-----------|--|
| <b>K-2<sup>nd</sup> Grade</b>                |  |  | 4:30-5:30 | 4:05-5:05 |           |  |
| <b>3<sup>rd</sup> – 7<sup>th</sup> Grade</b> |  |  |           |           | 5:15-6:15 |  |

## **Things to know...**

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| <b>Discounts</b>             |                           | <b>Pricing/Monthly</b> |           | <b>Closings</b>                  |                         |
|------------------------------|---------------------------|------------------------|-----------|----------------------------------|-------------------------|
| 20%                          | Second Class              | Parent Tot             | \$76.00   |                                  | Labor Day               |
| 25%                          | Third Class               | 1 Hour Rec Class       | \$88.00   |                                  | Thanksgiving            |
| 10%                          | Second Child              | Pre-School Classes     | \$86.00   |                                  | Winter Break            |
| 20%                          | Third Child               | 1.5 Hr Rec Class       | \$127.00  |                                  | Spring Break            |
|                              |                           | 2 Hr Rec Class         | \$158.40  |                                  | Memorial Day            |
|                              |                           | Ninja Zone & Kick      | \$90.00   |                                  | Summer Break            |
|                              |                           | Leaping Learners       | \$ 235.00 |                                  | 4 <sup>th</sup> of July |
|                              |                           |                        |           |                                  | Break                   |
| <b>Annual Membership Fee</b> |                           |                        |           | <b>Begin Here...Go Anywhere!</b> |                         |
| <b>\$55</b>                  | <b>1 Child</b>            |                        |           |                                  |                         |
| <b>\$110</b>                 | <b>2 Children or more</b> |                        |           |                                  |                         |

### **Fun and learning!**

One of the objectives of our programs is FUN. Fun is an important part of the learning equation. If fun is not part of this equation, it will be replaced with fear and anxiety. So let's remember to keep the FUN part in learning.

### **HOH Programs**

All HOH classes are based on the USAG program and run Sept. through June. They are designed to provide a non-competitive atmosphere while each student is taught progressive skills. Children will progress at their own rate with our USA Gymnastics Safety Certified Instructors. Our coaches are trained and attend clinics/seminars to further their teaching abilities. We have many years and levels of coaching experience among our fine instructors.

### **Class Attire**

Girls wear a leotard without skirts, tumblers may wear shorts and T-shirt. Boys wear compression shirt or T-shirt and gym shorts. All children go in the gym barefoot. Hair must be pulled back and no jewelry please.

### **Membership Fee**

The annual Membership fee is \$55 for 1<sup>st</sup> child or \$110 family fee for 2 or more children and is due at the time of enrollment. This membership fee is valid for 12 months and is due a year from the date paid.

### **Programs...**

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#### **Little & Big Dippers/Parent Tot: (Parent participation required)**

This is a 45 minute movement education class that begins with an obstacle course on the floor exercise. Incorporated into the obstacle course are activities such as climbing, rolling & jumping. With use of the floor, bars, beam and trampoline, the class is designed to build strength and coordination while encouraging parent/child interaction. (MUST BE 18 MOS BY 9/1).

#### **New & Mini Stars Pre-school:**

This 50 minute class involves movement education such as jumping, climbing, swinging & working on hand, eye coordination and balance. The trampoline is used to develop overall body awareness and coordination. This program encourages cooperative learning in a group setting and allows each child to learn at his/her own rate while having fun. (NEW STARS MUST BE 3 BY 9/1. MINI STARS MUST BE 4 BY 9/1).

#### **Kinderstars:**

This 1 hour class is more skill oriented. It is a transitional class where children are challenged with more "skills" and less "movement education." This will prepare children for our recreational program. GIRLS ONLY.

#### **Boys & Girls Gymnastics:**

Gymnastics is a wonderful sport! While building strength, agility and grace, it also builds self-confidence, discipline and perseverance. What a better way to provide your child with life lessons in a positive and fun atmosphere.

#### **Tumbling & Cheer:**

Students learn tumbling by progressions on floor, tumble-trak and trampoline. Excellent for cheerleading & dance.

#### **Kicknastics:**

Karate class with a twist! Combine martial arts education & gymnastic technique together in one exciting class.

#### **Ninja Zone:**

A fast and skill based program geared for kids with high energy. Combines military style obstacle courses, gymnastics tumbling and martial arts kicks, combos and discipline. NINJA UNIFORM REQUIRED.

**Head Over Heels Gymnastics** [www.headoverheelsgym.com](http://www.headoverheelsgym.com) **Check our website & Facebook for special events!**