



School Year Class Schedule

2017 - 2018

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	PRICE
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TINY TUMBLERS – *Our amazing gymnastics pre-school program (see below for other 3-5 yr old classes)*

Little Dippers 18 to 28 mos	12:45-1:30		9:30-10:15	10:25-11:10	9:30-10:15	10:00-10:45	148
Big Dippers 29 to 36 mos	12:45-1:30		10:25-11:10	9:30-10:15	9:30-10:15	9:05-9:50	148
Leaping Learners			10:25-11:55 2½ - 3 yrs old	10:25-11:55 4 - 5 yrs old			235
New Stars 3 yrs	1:40-2:25	10:25-11:10 6:25-7:10	9:30-10:15 12:45-1:30		10:25-11:10 4:30-5:15	9:05-9:50 10:00-10:45	162
Mini Stars 4/5 yrs	12:45-1:30 5:15-6:00	9:30-10:15	1:40-2:25 4:30-5:15 6:25-7:10	9:30-10:15	10:25-11:10	9:05-9:50 10:00-10:45	162

GIRLS GYMNASTICS – *Where girls build strength & agility with self-confidence & perseverance.*

Kinderstars 5/6 yrs	5:15-6:15	4:05-5:05	5:15-6:15	4:05-5:05	4:05-5:05 6:25-7:25	9:00-10:00 11:05-12:05	170
1st & 2nd Grade	4:05-5:05	5:15-6:15	4:05-5:05	4:05-5:05 6:25-7:25	5:15-6:15	11:05-12:05	170
3rd & 4th Grade	4:05-5:05	5:15-6:15 7:20-8:20	5:15-6:15	5:15-6:15	6:25-7:25	11:05-12:05	170
5th & 7th Grade	5:15-6:15	4:05-5:05	6:25-7:25	7:30-8:30		12:10-1:10	170
8th & Up Grade	7:20-8:20			7:30-8:30			170
Adv. 1.5 Hour*		4:30-6:00	5:15-6:45		7:30-9:00	12:10-1:40	240
Adv. 2 Hour*		6:25-8:25				11:00-1:00	306

NINJA ZONE: GIRLS – *A combination of gymnastics, martial arts & obstacle course training.*

Girls 3-5 Yrs			12:45-1:35			11:05-11:55	174
Girls 6-11 Yrs			6:55-7:45	4:20-5:10			174

BOYS GYMNASTICS - *Where boys build strength & agility with self-confidence & perseverance.*

K-2nd Grade	4:05-5:05	5:15-6:15			5:15-6:15	10:00-11:00	170
3rd – 7th Grade			7:20-8:20	5:15-6:15			170

NINJA ZONE: BOYS – *A combination of gymnastics, martial arts & obstacle course training.*

3-4 Yrs	4:15-5:05			10:25-11:15	4:15-5:05	10:05-10:55	174
5-6 Yrs	5:15-6:05	4:15-5:05		5:15-6:05	4:15-5:05	9:05-9:55	174
7-11 Yrs	6:25-7:15			6:20-7:10		11:00-11:50	174

TUMBLING (CO-ED) – *Excellent for cheerleading and dance.*

1st – 3rd Grade	5:15-6:15	6:25-7:25			5:15-6:15	12:10-1:10	170
4th – 6th Grade	6:10-7:10		5:15-6:15		7:30-8:30	12:10-1:10	170
7th & Up Grade	7:20-8:20			7:30-8:30			170
Advanced*			7:50-8:50				170

TRAMPOLINE (CO-ED) - *Jump, flip, tumble and build superior strength and muscle tone.*

K-2nd Grade			4:30-5:30				170
3rd – 7th Grade					5:15-6:15		170

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

3-5 Yr.	1:40-2:25 4:20-5:05			9:30-10:15 5:25-6:10			166
6 Yr. & Up	5:15-6:15			4:15-5:15			172
Advanced*	7:20-8:20						172

Term Dates – approx. 8 weeks		Priority Due Dates		Closings	
Term 1	09/06/17 – 10/28/17	Open for enrollment in August		9/4	Labor Day
Term 2	10/30/17 – 12/23/17	10/14/17		11/23	Thanksgiving
Term 3	01/02/18 – 02/24/18	12/09/17		12/25 – 1/1	Winter Break
Term 4	02/26/18 – 04/28/18	02/10/18		3/30 – 4/5	Spring Break
Term 5	04/30/18 – 06/23/18	04/14/18		5/28	Memorial Day
Term 6	07/02/18 – 08/25/18	Flexible Schedule		6/25 – 6/29	Summer Break
		Discounts		7/4	4 th of July
Annual Membership Fee		20%	Second Class	8/27 – 9/4	Break
\$50	1 Child	25%	Third Class	Begin Here...Go Anywhere!	
\$100	2 Children or more	10%	2 nd Child		
		20%	3 rd Child		

Things to know...

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 \$50 for 1st child or \$100 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...

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 and jumping. With use of the floor, bars, beam and trampoline, the class is designed to build strength and coordination while encouraging parent/child interaction.

New & Mini Stars Pre-school:

This 45 minute class involves movement education such as jumping, climbing, swinging and 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.

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.

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:

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

Trampoline:

Students will learn how to jump, flip, tumble and build superior strength and muscle tone on trampoline.

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.