



Summer Schedule 2018

Our Summer Programs run from July 2nd to August 25th & are FLEXIBLE!

Classes	Mon	Tues	Wed	Thurs	Fri	Saturday
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TINY TUMBLERS – *our amazing gymnastics preschool program where little ones get to use the trampoline, beams & more*

Little & Big Dippers \$18.75/wk 18 to 36 mos	10:10-10:55				9:30-10:15	9:15-10:00
New Stars 3 yrs \$20.75/wk	9:15-10:00		4:10-4:55		10:25-11:10	9:15-10:00
Mini Stars 4/5 yrs \$20.75/wk	10:10-10:55	4:40-5:25	5:15-6:00		9:30-10:15	

GIRLS GYMNASTICS – *a place where girls build strength & agility along with self-confidence & perseverance*

Kinderstars 5/6 yrs \$21.75/wk	9:05-10:05	5:15-6:15	4:10-5:10	5:30-6:30		10:10-11:10
1st & 2nd Grade \$21.75/wk	11:00-12:00	6:25-7:25	5:15-6:15	4:20-5:20		10:10-11:10
3rd & 4th Grade \$21.75/wk	11:00-12:00	6:45-7:45		5:15-6:15		
5th & 7th Grade \$21.75/wk		6:45-7:45	6:25-7:25			
8th Grade & up \$21.75/wk		6:45-7:45				
Advanced 1.5 Hr* \$31.00/wk	4:30-6:00		6:20-7:50	6:25-7:55		

BOYS GYMNASTICS – *a spot for boys to build strength & agility along with self-confidence & perseverance*

K-2nd Grade \$21.75/wk	4:20-5:20		4:00-5:00			
3rd – 7th Grade \$21.75/wk	4:20-5:20		5:10-6:10			

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

1st – 3rd Grade \$21.75/wk	3:50-4:50		5:15-6:15			
4th – 6th Grade \$21.75/wk			6:25-7:25	6:40-7:40		
7th & Up Grade \$21.75/wk			7:30-8:30	6:40-7:40		
Cheer is Here! \$21.75/wk	5:00-6:00 (5-8 yrs)	10:15-11:00 (3-5 yrs)	4:10-5:10 (5-8 yrs)			

KICKNASTICS (CO-ED) – *karate class with a twist of gymnastics technique*

3-5 yrs \$21.25/wk				5:10-5:55		
6 yrs & Up \$22.00/wk				7:05-8:05		

NINJA ZONE – *a combination of gymnastics, martial arts and obstacle course training*

Baby Ninja 18-36 mos \$19.00/wk				4:35-5:20		
Lil' Ninjas 3-5 yrs \$22.00/wk	4:10-5:00	9:15-10:05		6:05-6:55	10:25-11:15	11:20-12:10
Boys 4-6 yrs \$22.00/wk	5:10-6:00			4:10-5:00		11:20-12:10
Girls 4-6 yrs \$22.00/wk	5:10-6:00			4:10-5:00		11:20-12:10
Boys 7-11 yrs \$22.00/wk	6:10-7:00					
Girls 7-11 yrs \$22.00/wk	6:10-7:00					

SUMMER PROGRAMS! **NEW!** **NEW!** **NEW!** **See reverse for details!**

All Sport Stars \$21.75/wk	7:10-8:10 5 th &up	5:35-6:35 1 st -4 th				
Gym Fusion! \$21.75/wk K-3 (1) 4 th &up (2)			4:05-5:05 (1) 7:30-8:30 (2)			
Trampoline (K-4th) \$21.75/wk		4:20-5:20				



The World Experiences the Glory of Gymnastics Every Four Years...at Head Over Heels We Experience It Every Day!

1. **Select a class** in the appropriate age/grade - age as of June 1st & grade as of upcoming school year.
2. **Select your desired weeks** (4 week minimum - consecutive weeks are not required).
3. **Discounts** Multiple classes, 20% off. Second child, 10% off. Third and more, 20% off.

SUMMER SPECIALS: New to Head Over Heels? Summer Membership Fee is only \$10.00 per child, sign up for classes in the fall and we will apply the \$10 towards your annual Membership Fee and all the benefits it offers!

SPECIAL SIBLING DISCOUNT! 25% Second child discount if the child has not been enrolled in classes during the previous 12 months!

HOH INSTRUCTORS:

HOH Instructors are USA Gymnastics Safety Certified. All are trained and attend clinics/seminars to further their teaching. All instructors have had concussion training and received Safe Sport Certification.

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

MEMBERSHIP FEE: The annual Membership fee is \$55 for 1st 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. New families who sign up for summer classes pay only a Summer Membership fee of \$10.00. If you return in the fall the balance of the membership fee is due.

Programs...

LITTLE & BIG DIPPER/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 floor, bars, beam and trampoline, this class is designed to build strength and coordination while encouraging interaction between parents and children.

NEW & MINI STARS PRESCHOOL: 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 the children are challenged with more "skills" and less "movement education." This will prepare the children for our girls 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 better way to provide your child with life lessons in a positive and fun atmosphere.

TUMBLING & CHEER: Students work on tumbling skills by learning progressions on floor, tumble-trak and trampoline for cheerleading and dance.

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

NINJA ZONE: A class for where students learn coordination from gymnastics, discipline from martial arts, strength/agility from obstacle course training in a fun and exciting environment. Required dress code is Ninja Zone t-shirt and headband.

GYM FUSION! Fast paced, high energy mix of all our programs in one FUN hour! Use the trampolines, rock-wall, bars, beams and tumble trak like never! Obstacle courses, challenges, races, contests and more! This one of a kind experience is only offered at Head Over Heels!

ALL SPORTS STARS: This program is designed for any athlete who wishes to improve or maintain their performance in their sport of choice (such as football, basketball, soccer, swimming, etc). Circuit training workouts to develop strength & stamina, improve agility, flexibility, reflexes and speed! Give your athlete the best possible foundation!

*Evaluation Required *Update 5/23/18