

LEGACY GYMNASTICS ACADEMY

CLASS SCHEDULE

Effective May 2008 – May 2009

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toddler Bees (18 mo – 2 years)	11:30 – 12:15 pm					10:30 – 11:15 am
3 Bees 4 Bees	9:30 – 10:20 am 10:30 – 11:20 am 4:00 – 4:50 pm 5:00 – 5:50 pm	6:00 – 6:50 pm	5:00 – 5:50 pm 6:00 – 6:50 pm	5:00 – 5:50 pm 6:00 – 6:50 pm		9:30 – 10:20 am 11:30 – 12:20 pm
Kinder Bees	6:00 – 7:00 pm 7:00 – 8:00 pm	4:00 – 5:00 pm 5:00 – 5:50 pm	4:00 – 5:00 pm 7:00 – 8:00 pm	4:00 – 5:00 pm		
Beginning Gymnastics	4:00 – 5:00 pm 6:00 – 7:00 pm	4:00 – 5:00 pm 7:00 – 8:00 pm	4:00 – 5:00 pm 6:00 – 7:00 pm	4:00 – 5:00 pm 6:00 – 7:00 pm		
Intermediate Gymnastics	5:00 – 6:00 pm 7:00 – 8:00 pm	5:00 – 6:00 pm	5:00 – 6:00 pm 7:00 – 8:00 pm	5:00 – 6:00 pm 7:00 – 8:00 pm		
Advanced Gymnastics	7:00 – 8:00 pm		7:00 – 8:00 pm			
Coed Trampoline and Tumbling Level 1	4:00 – 5:00 pm	4:00 – 5:00 pm 6:00 – 7:00 pm	4:00 – 5:00 pm	4:00 – 5:00 pm 6:00 – 7:00 pm		
Coed Trampoline and Tumbling Level 2		5:00 – 6:00 pm		5:00 – 6:00 pm		
Cheer Tumbling	8:00 – 9:00 pm		8:00 – 9:00 pm			
Tumbling for Dancers			4:00 – 5:00 pm			
Flip Flop Fridays (open to ages 5 and up, all levels)					5:00 – 6:00 pm	
Girls Developmental Team (4 – 6 years)		4:00 – 5:30 pm		4:00 – 5:30 pm		
Girls Junior Team		5:30 – 7:30 pm		5:30 – 7:30 pm		
Girls Level 4 Team	4:30 – 8:00 pm		4:30 – 8:00 pm		4:30 – 8:00 pm	
Girls Level 5/6 Team	4:30 – 8:30 pm		4:30 – 8:30 pm		4:30 – 8:30 pm	9:00 am – 1:00 pm
Girls Optional Team	4:30 – 8:30 pm	3:00 – 5:30 (summers)	4:30 – 8:30 pm		4:30 – 8:30 pm	9:00 am – 1:00 pm
All-Star Cheer Squad		6:00 – 9:00 pm		6:00 – 9:00 pm		

CLASS DESCRIPTIONS

Toddler Bees (18 mo – 2 years): Parents share in their child's delight as students stretch, crawl, climb, and roll! This class will focus strongly on gross motor movements that increase coordination and flexibility, as well as introduce students to gymnastics terminology, tumbling skills, and the gymnastics apparatus. 1 day/week, \$45 per month

3 Bees/4 Bees (3-4 years): this program is especially designed with our little ones in mind! We know how quickly children develop during this period, which is why we have further divided this age group into two separate classes for three's/four's and five's. Students will begin by focusing on gross motor movements and coordination focused activities and progress into learning basic gymnastics skills. We also maintain a low student per teacher ratio so that your child is able to experience more turns on the equipment and more personal attention from his or her teacher! 1 day/week, \$55/month; 2 days/week, \$85/month

Kinder Bees (5 years): The Kinder Bee class is a transitional class for our Kindergarten students to help them move easily into our school age program. Students will begin to receive more specific instruction in a longer, one hour class on basic gymnastics skills while still maintaining a comfortable, creative, and encouraging preschool environment. 1 day/week, \$65 per month; 2days/week, \$85/month

Beginning/Intermediate/Advanced Gymnastics (6 – 18 years): Our school-age program is designed for girls with little or no gymnastics experience as well as students that have a solid foundation of beginning level elements and are ready to move on to more advanced tumbling and apparatus work. The focus of the class will be building basic skills through proper progressions with a strong emphasis on tumbling (rolls, cartwheels, handstands, and bridges), as well as the women's Olympic events (vault, uneven bars, and balance beam), and also trampoline training. Class activities and lesson plans are based on the USA Gymnastics Level 1-3 Junior Olympic Program. Students will also participate in activities designed to increase strength, flexibility, and body awareness. 1 day/week, \$65/month; 2 days/week, \$95/month; 3 days/week, \$110/month

Trampoline and Tumbling Level I-II (6 – 18 years): This coed program is designed for students with little or no tumbling experience as well as students that have mastered the basics and are ready for more advanced training. The focus will be developing a strong foundation of tumbling skills (i.e. rolls, handstands, cartwheels, and bridges) and proper drills and progressions for front and back handsprings. One trampoline, students will begin by learning safety, body awareness, and trampoline skills according to the USA Gymnastics Trampoline and Tumbling Program guidelines. 1 day/week, \$65/month; 2 days/week, \$95/month; 3 days/week, \$110/month

Cheer Tumbling (9 – 18 years): This class is designed to prepare students that are interested in trying out for the school cheer squad or for the Legacy All-Star Cheer Squad. Students will work on tumbling basics and focus upon drills to help with round-offs and back handsprings. Students will also work on cheer jumps and motions. 1 day/week, \$65/month; 2 days/week, \$95/month

Flip Flop Fridays (ages 5 and up): This class is open to students of all ages and abilities. Students will focus on drills to help with their back handsprings as well as running tumbling. Perfect for the student just learning, or the student that just wants extra practice on their back handsprings! \$30 additional to monthly tuition, or \$10 per clinic attended

Competitive Gymnastics and Cheer Squads: Please speak with the team instructor for more information or to schedule a tryout.

REGISTRATION

The annual registration fee is \$42 per child, or \$72 per family. This fee is due every September and will be prorated for new students throughout the year. The first and last month's tuition is also due at registration (may be split into two payments). Students are also required to purchase the Legacy Gymnastics uniform, which will be available in the front office for \$35 (\$15 t-shirt for boys and tumbling students).

RATES PER FOUR WEEK SESSIONS

Toddler Bees	\$45	Developmental Team	1 class/week - \$70 2 class/week - \$110
3 Bees/4 Bees	1 class/week - \$55 2 class/week - \$85	Junior Team	\$120
Kinder Bees	1 class/week - \$65 2 class/week - \$95	Level 4 Team	\$150
Beg/Int/Adv Gym Trampoline and Tumbling	1 class/week - \$65 2 class/week - \$95 3 class/week - \$110	Level 5/6 Team	\$200
Cheer Tumble	1 class/week - \$65 2 class/week - \$95 3 class/week - \$110	Level 7 – Optional Team	\$250
Pom Squad/Show Team	\$100	All-Star Cheer Squad	\$150

METHODS OF PAYMENT

- CHECKS PAYABLE TO: Legacy Gymnastics
- CASH

- VISA/MASTERCARD – We also offer automatic debit of your credit card. Please see the front office to sign up for auto payment.

All fees are due by the first week of each month. Fees not paid by the 10th of the month are subject to a \$10 tuition increase. Insufficient checks are subject to a \$20 charge.

IMPORTANT DATES

Spring Break Week - CLOSED

Fourth of July Week – CLOSED

Thanksgiving Week – CLOSED

Christmas Week/New Years Week – CLOSED

First weekend in May – GYMFEST!