

GYMNASTICS WITH AMY WILLIAMSON

GYMNASTICS - 2 Yr Olds

Introduces the little ones to gymnastics & teaches them tumbles, coordination, and balancing. PARENTS ARE REQUIRED TO ATTEND THIS CLASS & ASSIST WITH CHILDREN.

Day	Time	Room	Cost	Age
TUE	4:00-4:30	GYM	\$35	2 YR

GYMNASTICS LEVEL 1

Level one will learn the basic gymnastics including strength, balance, coordination, hand stands, back bends, cartwheels, bar, and beam will also be taught.

Day	Time	Room	Cost	Age
THUR	4:00-4:30	GYM	\$35	3-4 YR
TUE	4:30-5:30	GYM	\$40	5-7 YR
TUE	6:30-7:30	GYM	\$40	8-UP

GYMNASTICS LEVELS 2*

Skills learned in Lvl 1 will be continued and more advanced tricks including: Kick over, hand stand, back bend, and round offs. Improvement on floor, bar, and beam.

Day	Time	Room	Cost	Age
TUE	5:30-6:30	GYM	\$40	5-7 YR
THUR	5:30-6:30	GYM	\$40	8-UP

GYMNASTICS LEVEL 3

Skills learned in Lvl 1 & 2 will be continued and more advanced tricks including: back walkovers, round off, rebounds, 1-hand cartwheels, and front limbers will be taught. Students will also work on floor, bars, and beam.

Day	Time	Room	Cost	Age
TUE	5:30-6:30	GYM	\$40	5-7 YR

GYMNASTICS LEVEL 4/5*

Skills learned in Lvl 1, 2, & 3 will be continued and more advanced tricks including: front handsprings, aerials, and back tucks will be taught. Students will also work on floor, bars, and beam.

Day	Time	Room	Cost	Age
THUR	4:30-5:30	GYM	\$40	5-7YR
THUR	6:30-7:30	GYM	\$40	8-UP

***TO MOVE UP TO THE NEXT LEVEL, STUDENTS MUST BE EVALUATED & INVITED BY THE INSTRUCTOR.**

CHEER AND TUMBLING WITH RANDI

Students will learn cheers, jumps, chants, and basic tumbling skills such as cartwheels, back bends, forward roll, kick-over and hand stands.

CHEER/TUMBLING STAR LEVEL (LVL 1)

Beginner (All first time signups will go to the star class, unless the student has approval from the coach)

Day	Time	Room	Cost	Level
TUE	4:30-5:15	DT#3	\$37	STAR

PLATINUM LEVEL (LVL2)

Still basic cheer but will work to advance jumps and tumbling. Will learn a dance. (must be able to do cartwheel)

Day	Time	Room	Cost	Level
TUE	5:45-6:30	DT#3	\$37	PLATINUM

PRIVATE LESSONS

Classes are 1 day a week for 6 weeks. No more than 2 students allowed per private lesson so that each child will have one on one time with the instructor to work on and perfect cheer skills.

Day	Time	Room	Cost	Level
MON	4:30-5:00	DT#3	\$40	5-UP
MON	5:00-5:30	DT#3	\$40	5-UP
FRI	4:30-5:00	DT#3	\$40	5-UP
FRI	5:00-5:30	DT#4	\$40	5-UP
FRI	5:30-6:00	DT#5	\$40	5-UP

TUMBLING ONLY TWO YR OLDS

Students will learn fundamental skills of a forward roll, straddle roll, back, bend, and hand stand.

Day	Time	Room	Cost	Level
MON	5:30-6:00	DT#3	\$32	2 YR
TUE	5:15-5:45	DT#3	\$32	2 YR

TUMBLING LEVEL 1

Students will learn fundamental skills of a forward roll, straddle roll, back, bend, cartwheel, and hand stand.

Day	Time	Room	Cost	Level
MON	6:00-6:45	DT#3	\$37	5-UP

TUMBLING LEVEL 2

Students will learn fundamental skills of a forward roll, straddle roll, back, bend, cartwheel, and hand stand.

Day	Time	Room	Cost	Level
TUE	6:30-7:15	DT#3	\$37	5-UP

MONTHLY CLASSES



Line Dancing **With Claire Carrier**



Students will learn Intermediate & Advance Country Line Dance.
Low impact exercise, no partner needed.

You can choose from \$10 a month or \$3 a class.

Day	Time	Room	Cost	Age
TUE PM	5:30-8:00 PM	DT #2	\$10 mth	15-UP



KB YOGA **With DANA HELTON**



Students will learn basic yoga techniques at their own pace.
Yoga helps you become more flexible, relieve stress, and tone muscle.

Classes are twice a week for \$55.00 a month // \$8.00 for a drop-in class

Day	Time	Room	Cost	Age
MON/THUR	5:30-6:30 PM	DT #3	\$55 mth	18-UP
TUE/THUR	8:30-9:30 AM	DT #3	\$55 mth	18-UP
TUE/THUR	12:00-1:00 PM	DT #3	\$55 mth	18-UP



TAE-KWON-DO -KIDS/ADULTS **With SIX GUNS MARTIAL ARTS**



Students will learn basic Tae-Kwon-Do Techniques, Self-defense
& Discipline.

Classes are twice a week for \$50.00 a month

Day	Time	Room	Cost	Age
MON/WED	5:30-6:30 PM	DT #2	\$50 mth	6-UP