

GYMNASTICS WITH DESTINI AND DANYELLE

MOMMY & ME GYM, CHEER, DANCE

Introduces the little ones to gymnastics & teaches them tumbles, coordination, balancing, cheers & dancing.

PARENTS ARE REQUIRED TO ATTEND THIS CLASS & ASSIST WITH CHILDREN.

Day	Time	Room	Cost	Age	Teacher
Mon	4:00-4:30	GYM	\$35	12mth-23mth	Danyelle
Mon	4:30-5:00	GYM	\$35	12mth-23mth	Danyelle

BEGINNERS GYMNASTICS

Beginners Level will learn basic gymnastics including strength, balance, coordination, hand stands, back bends, cartwheels will also be taught.

Day	Time	Room	Cost	Age	Teacher
Tue	4:00-4:30	GYM	\$35	3yr old	Destini
Tue	4:30-5:00	GYM	\$35	3-4yr old	Destini
Tue	5:00-5:45	GYM	\$37	4-5yr old	Destini
Tue	5:45-6:45	GYM	\$40	6-7yr old	Destini
Wed	3:45-4:30	GYM	\$37	7-10yr old	Danyelle
Wed	6:15-7:00	GYM	\$37	11-Up	Danyelle

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

INTERMEDIATE GYMNASTICS

Skills learned in Beginners will be continued and more advance tricks including: Kick over, hand stand, back bend, and round offs.

Bars and beams will start to be introduced.

Day	Time	Room	Cost	Age	Teacher
Thur	4:45-5:45	GYM	\$40	6-Up	Destini
Wed	4:30-5:15	GYM	\$37	7-10yr old	Danyelle
Wed	7:00-7:45	GYM	\$37	11-Up	Danyelle

ADVANCED GYMNASTICS

Skills learned in Intermediate 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	Teacher
Thur	5:45-6:45	GYM	\$40	7-Up	Destini

BOYS ONLY GYMNASTICS

Boys will learn the basics of gymnastics including strength, balance, coordination, hand stands, and

back bends. Cartwheels will also be taught.

Day	Time	Room	Cost	Age	Teacher
Tue	4:00-4:30	1	\$35	3-6yr	Danyelle
Tue	4:30-5:00	1	\$35	7-10yr	Danyelle

IF YOU WOULD LIKE TO TEACH A CLASS OR KNOW SOMEONE WHO WOULD BE GOOD AT TEACHING A CLASS, PLEASE SEE OUR RECREATION SPECIALIST FOR MORE INFORMATION!!

CHEER AND DANCE WITH DANYELLE

Students will learn cheers, jumps, chants, and how to stunt properly.
For Dance, they will learn the basics of Ballet, Tap & Jazz.



CHEER/GYM CLASS

Day	Time	Room	Cost	Age
MON	5:00-5:30	1	\$35	2-3yr old
MON	5:30-6:00	1	\$35	2-3yr old
THUR	5:00-5:30	1	\$35	4-6yr old
THUR	5:30-6:15	1	\$37	7-10yr old
THUR	6:15-7:00	1	\$37	11-15yr old
THUR	7:15-8:00	1	\$37	16-18yr old

DANCE CLASS (Ballet/Tap & Jazz)

Day	Time	Room	Cost	Age
TUE	5:00-5:30	3	\$35	2yr old
TUE	5:30-6:00	1	\$35	3-4yr old
TUE	6:00-6:45	1	\$37	5-6yr old
TUE	7:00-7:45	1	\$37	7-10yr old (NEW)
WED	5:15-6:00	2	\$37	11-13yr old (OLD)

GYM/CHEER/DANCE PRIVATE CLASS

Private lessons are limited to 2 students per class for more one on one time with Danyelle.

Day	Time	Room	Cost	Class
THUR	4:00-4:30	2	\$40	Cheer
THUR	4:30-5:00	2	\$40	Cheer
FRI	5:00-5:30	2	\$40	Dance
FRI	5:30-6:00	2	\$40	Dance
FRI	6:00-6:30	2	\$40	Dance
FRI	6:30-7:00	GYM	\$40	Gym
FRI	7:00-7:30	GYM	\$40	Gym
FRI	7:30-8:00	GYM	\$40	Gym

CHEER SQUAD*

Day	Time	Room	Cost	Age
MON	6:00-7:00	1	\$40	4-10yrs
MON	7:00-8:00	1	\$40	4-10yrs

*LPA CHEER TEAM WILL CONSIST OF FUN, ENTHUSIASTIC & UPBEAT GIRLS TO REPRESENT THE LUFKIN COMMUNITY. THEY WILL BE MODELED AFTER LOCAL MIDDLE SCHOOL & HIGHSCHOOL DRILL & PEP SQUADS. THEY WILL PERFORM AT LPA BASKETBALL GAMES. CHEER UNIFORM TOTAL -\$70 (consists of top, skirt, pom poms, bow & bag w/their name on it)

PAYMENT FOR UNIFORM TOTAL IS DUE AT FIRST TEAM PRACTICE

MONTHLY CLASSES



SUGGS' KARATE **With BRAD SUGGS**



Students will learn discipline, control, strength, and competitive karate skills from SAKKARATE Instructor Brad Suggs

Classes \$40.00 a month // \$12.00 for a drop-in class

Day	Time	Room	Age
FRIDAY	6:00-7:00pm	DT #2	6-12yrs
FRIDAY	7:00-8:00pm	DT #2	13yrs-Up

ZUMBA WITH TINA OF **DOLLSTAR DANCE & FITNESS**



Fitness Dance Work-out, Toning, Dance Zumba, and a Kids Dance Fitness Class. Come work off some energy & have fun!!!!

\$30-Unlimited // \$20-Kids Unlimited // \$8-Walk-ins

Day	Time	Class
MON	8:30-9:15am	Dance / Fitness
	9:15-9:45am	Toning
	5:30-6:00pm	Dance / Fitness
TUES	6:00-6:30pm	Toning
	5:30-6:00pm	Dance / Fitness
WED	6:00-6:30pm	Toning
	8:30-9:15am	Dance / Fitness
THURS	9:15-9:45am	Toning
	5:30-6:00pm	Dance / Fitness
FRI	6:00-6:30pm	Toning
	8:30-9:15am	Dance / Fitness
	9:15-9:45am	Toning



YOGA **With APRIL STANBERY**



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

Classes are \$55.00 a mth // \$8.00 for a drop-in class

Day	Time	Room	Age
MON/WED	12:00-1:00	DT #4	18-UP



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	Age
TUE PM	5:30-8:00	DT #2	15-UP