

2018 FALL II SCHEDULE

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	3:30-4:00	GYM	\$35	12mth-23mth	Danyelle
Mon	4:00-4:30	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	6:00-6:45	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
Mon	5:30-6:15	GYM	\$37	3-5yr	Danyelle
Thur	4:45-5:45	GYM	\$40	6-Up	Destini
Wed	4:30-5:15	GYM	\$37	7-10yr	Danyelle
Wed	6:45-7:30	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	6:45-7:00	GYM	\$37	4-6yr	Danyelle
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	4:30-5:00	1	\$35	3-Up	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	4:30-5:00	1	\$35	2-3yr
MON	5:00-5:30	1	\$35	2-3yr
THUR	4:00-4:30	1	\$35	4-6yr
THUR	4:30-5:15	1	\$37	7-10yr

DANCE CLASS (Ballet/Tap & Jazz) LVL1

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

DANCE CLASS (Ballet/Tap & Jazz) LVL2

Day	Time	Room	Cost	Age
FRI	3:30-4:15	2	\$37	3-6yr
FRI	4:15-5:00	2	\$37	7-10yr
THUR	7:00-7:45	2	\$37	11&up

GYM/CHEER/DANCE PRIVATES

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

Day	Time	Room	Cost	Class
TUE	7:30-8:00	2	\$40	Cheer
WED	7:30-8:00	2	\$40	Cheer
TUE	3:30-4:00	2	\$40	Dance
TUE	4:00-4:30	2	\$40	Dance
FRI	5:00-5:30	GYM	\$40	Gym
FRI	5:30-6:00	GYM	\$40	Gym

CHEER SQUAD*

Day	Time	Room	Cost	Age
(NEW) MON	6:15-7:15	1	\$40	7-10yrs
(OLD) MON	7:15-8:15	1	\$40	7-10yrs
(NEW) THUR	5:15-6:00	1	\$40	4-6yrs
(OLD) THUR	6:00-6:45	1	\$40	4-6yrs

*LPAR 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 LPAR 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
	6:00-6:30pm	Toning
TUES	5:30-6:00pm	Dance / Fitness
	6:00-6:30pm	Toning
WED	8:30-9:15am	Dance / Fitness
	9:15-9:45am	Toning
THURS	5:30-6:00pm	Dance / Fitness
	6:00-6:30pm	Toning
FRI	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