



# GYMNASTICS WITH DESTINI MOORE



## ***BABYNASTICS - 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     |
|-----|-----------|------|------|---------|
| MON | 3:00-3:30 | GYM  | \$35 | 2yr old |

## ***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        |
|-----|-----------|------|------|------------|
| MON | 3:30-4:00 | GYM  | \$35 | 3 yr old   |
| TUE | 3:00-3:30 | GYM  | \$35 | 3-4 yr old |
| MON | 4:15-5:00 | GYM  | \$37 | 4-5 yr old |
| TUE | 3:30-4:15 | GYM  | \$37 | 5-7 yr old |
| MON | 5:00-6:00 | GYM  | \$40 | 6-7 yr old |
| MON | 6:00-7:00 | GYM  | \$40 | 8-Up       |

## ***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        |
|-----|-----------|------|------|------------|
| TUE | 4:15-5:15 | GYM  | \$40 | 5-7 yr old |
| TUE | 5:15-6:15 | GYM  | \$40 | 8-UP       |

## ***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  |
|-----|-----------|------|------|------|
| TUE | 6:15-7:15 | GYM  | \$40 | 8-Up |

**\*STUDENTS MUST BE EVALUATED & INVITED BY COACH DESTINI TO MOVE UP TO THE NEXT LEVEL.**

# 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 LEVEL 1**

*Beginner Level, students will learn basic chants, jumps & routines along with handstands, forward rolls, and cartwheels.*

| Day  | Time      | Room | Cost | Age |
|------|-----------|------|------|-----|
| THUR | 5:00-5:45 | DT#2 | \$37 | 1   |

## **LEVEL 2**

*Still basic cheer but will work on more advanced jumps and tumbling. Will learn a cheer routine.*

*(Must be able to complete a Cartwheel)*

| Day  | Time      | Room | Cost | Level |
|------|-----------|------|------|-------|
| THUR | 5:45-6:30 | DT#2 | \$37 | 2     |

## **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 Coach Randi to work on and perfect skills.*

| Day | Time      | Room | Cost | Age    |
|-----|-----------|------|------|--------|
| FRI | 5:00-5:30 | GYM  | \$40 | 4-7yrs |
| FRI | 5:30-6:00 | GYM  | \$40 | 8-UP   |
| FRI | 6:00-6:30 | GYM  | \$40 | 8-UP   |
| FRI | 6:30-7:00 | GYM  | \$40 | 8-UP   |



## **TUMBLING BABY'S LITTLE ONES**

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

| Day | Time      | Room | Cost | Age    |
|-----|-----------|------|------|--------|
| TUE | 5:00-5:30 | GYM  | \$32 | 2-3yrs |

## **TUMBLING LEVEL 1**

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

| Day | Time      | Room | Cost | Age  |
|-----|-----------|------|------|------|
| TUE | 5:30-6:15 | GYM  | \$37 | 5-UP |

## **TUMBLING LEVEL 2**

*Students will continue what they learned in Level 1 & also begin learning more advanced tumbles & skills, such as round offs, back bends, front walk over*

| Day | Time      | Room | Cost | Age  |
|-----|-----------|------|------|------|
| TUE | 6:15-7:00 | GYM  | \$37 | 5-UP |

Everyone starts in Lvl 1 unless approved by Coach Randi to move up to Lvl 2.

# BALLET, TAP, JAZZ WITH DANYELLE



## **BALLET, TAP & JAZZ** *With Danyelle Wallace*



*Your child will learn the fundamentals of ballet and tap with fun routines to age appropriate music .*

*\* Ages 4-9 will have some jazz incorporated into their lessons.*

| Day | Time      | Room  | Cost | Age    |
|-----|-----------|-------|------|--------|
| MON | 5:30-6:00 | DT #3 | \$30 | 3 YR   |
| MON | 6:15-7:00 | DT #3 | \$32 | 4-5 YR |
| MON | 7:00-7:45 | DT #3 | \$32 | 6-9 YR |



## **PRIVATE LESSONS** *With Danyelle Wallace*



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

| Day | Time      | Room  | Cost | Age  |
|-----|-----------|-------|------|------|
| WED | 5:30-6:00 | DT #3 | \$40 | 6-UP |
| WED | 6:00-6:30 | DT #3 | \$40 | 6-UP |
| WED | 6:30-7:00 | DT #3 | \$40 | 6-UP |
| WED | 7:00-7:30 | DT #3 | \$40 | 6-UP |



## **Cheer & Dance** *With Danyelle Wallace*



*Danyelle will teach cheers, routines & dance moves for the Summer Sessions that the girls will use when Fall Events start back.  
class is \$40 for 6weeks*

| Day | Time      | Room | Cost | Age                |
|-----|-----------|------|------|--------------------|
| TUE | 5:30-6:30 | GYM  | \$40 | 4-10yr - Old Squad |

# MONTHLY CLASSES



## **SUGGS' KARATE** **With DAVID GRAY**



*Students will learn discipline, control, strength, and competitive karate skills.*

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

| Day    | Time         | Room  | Cost     | Age        |
|--------|--------------|-------|----------|------------|
| FRIDAY | 6:00-7:00 PM | DT #2 | \$40 mth | 6-12 yrs   |
| FRIDAY | 7:00-8:00 PM | DT #2 | \$40 mth | 13 yrs -UP |



## **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 twice a week for \$55.00 a mth // \$8.00 for a drop-in class**

| Day     | Time          | Room  | Cost     | Age   |
|---------|---------------|-------|----------|-------|
| MON/WED | 12:00-1:00 PM | DT #4 | \$55 mth | 18-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         | Room         | Class           |
|--------------|--------------|--------------|-----------------|
| MONDAY       | 8:30-9:15 AM | DT #4        | Dance / Fitness |
|              | 9:15-9:45 AM | DT #4        | Toning          |
|              | 5:30-6:00 PM | DT #4        | Dance / Fitness |
| TUESDAY      | 6:00-6:30 PM | DT #4        | Toning          |
|              | 5:30-6:00 PM | DT #4        | Dance / Fitness |
|              | 6:00-6:30 PM | DT #4        | Toning          |
| WEDNESDAY    | 6:30-7:00 PM | DT #4        | Dance / Zumba   |
|              | 8:30-9:15 AM | DT #4        | Dance / Fitness |
|              | 9:15-9:45 AM | DT #4        | Toning          |
| THURSDAY     | 5:30-6:30 PM | DT #4        | Dance / Fitness |
|              | 6:30-7:30 PM | DT #4        | Toning          |
|              | FRIDAY       | 8:30-9:15 AM | DT #4           |
| 9:15-9:45 AM |              | DT #4        | Toning          |



## **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 |