



# 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	3-4 yr old
TUE	3:30-4:00	GYM	\$35	3-4 yr old
THUR	3:30-4:00	GYM	\$35	3-4 yr old
MON	4:15-5:00	GYM	\$37	5-7 yr old
TUE	4:00-4:45	GYM	\$37	5-7 yr old
THUR	4:00-4:45	GYM	\$37	5-7 yr old
MON	5:00-6:00	GYM	\$40	6-7 yr old
TUE	4:45-5:45	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	5:45-6:45	GYM	\$40	5-7 yr old
THIR	4:45-5:45	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
THUR	5:45-6:45	GYM	\$40	6-UP

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

# 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.



## MOMMY & ME-DANCE/CHEER/GYMNASTICS

Mommy & Me classes teach basic movements of Dance, Cheer, & Gymnastics. The fun part is getting mommy & baby to interact with each other while both learning the fundamentals of Dance or Gymnastics/Cheer.

### MOMMY & ME - Gym/Cheer

Day	Time	Room	Cost	Age
MON	4:00-4:30		\$30	18mth-2yrs
MON	4:30-5:00		\$30	18mth-2yrs

### MOMMY & ME- Dance

Day	Time	Room	Cost	Age
TUE	4:00-4:30		\$30	18mth-2yrs
TUE	4:30-5:00		\$30	18mth-2yrs

### CHEER CLASS

Day	Time	Room	Cost	Age
MON	5:00-5:30		\$30	2-3yrs
THUR	5:00-5:30		\$30	4-6yrs
THUR	5:30-6:15		\$35	7-10yrs
THUR	6:15-7:00		\$35	11-15yrs
THUR	7:00-7:45		\$35	16-18yrs

### DANCE CLASS (Ballet/Tap & Jazz)

Day	Time	Room	Cost	Age
TUE	5:00-5:30		\$30	2yrs
TUE	5:30-6:00		\$30	3-4yrs
TUE	6:00-6:45		\$35	5-6yrs
TUE	6:45-7:30		\$35	7-10yrs
WED	5:15-6:00		\$35	11&up

### POM SQUAD\*

Day	Time	Room	Cost	Age
(NEW) MON	5:30-6:30		\$40	4-10yrs
(OLD) MON	6:30-7:30		\$40	4-10yrs

### CHEER SQUAD\*

Day	Time	Room	Cost	Age
(NEW) WED	6:15-7:15		\$40	4-10yrs
(OLD) WED	7:15-8:15		\$40	4-10yrs

\*LPA CHEER TEAM & LPA POM SQUAD 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 FOOTBALL & BASKETBALL GAMES.

CHEER UNIFORM TOTAL -\$70 (consists of top, skirt, pom poms, bow & bag w/their name on it)

POM SQUAD UNIFORM TOTAL -\$75 (consists of top, pants, pom poms, bow & bag w/their name on it)

**PAYMENT FOR UNIFORM TOTAL IS DUE AT FIRST TEAM PRACTICE**

# 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	6:00-7:00pm	DT #2	\$40 mth	6-12yrs
FRIDAY	7:00-8:00pm	DT #2	\$40 mth	13yrs-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 \$55.00 a mth // \$8.00 for a drop-in class

Day	Time	Room	Cost	Age
MON/WED	12:00-1:00	DT #4	\$55 mth	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	Cost	Age
TUE PM	5:30-8:00	DT #2	\$10 mth	15-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
	6:00-6:30pm	Toning
WED	6:30-7:00pm	Dance / Fitness
	8:30-9:15am	Dance / Fitness
	9:15-9:45am	Toning
THURS	5:30-6:30pm	Dance / Fitness
	6:30-7:30pm	Toning
	FRI	8:30-9:15am
9:15-9:45am		Toning

## **Hip-Hop with Patrick Maxie**

20-plus yrs experience, Patrick can teach your child about Popping, Break Dance, Krump & Krank, Modern & Funk Hip-Hop

\$40 per mth // \$8-Walk-ins

Day	Time	Age
MON/WED	2:30-3:00pm	7-12yr
	3:00-3:30pm	13-16yr
	3:30-4:00pm	17-Up
TUE/THUR	9:00-9:30am	7-12yr
	9:30-10:00am	13-16yr
	10:00-10:30am	17-Up

**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!!**