



**2019/2020**  
**SCHOOL YEAR SEASON**  
**GYMNASTICS CLASS**  
**SCHEDULE**

**THE CHILDREN'S GYM**

Portland's Leading Facility for Children's Fitness Activities

Inspiring Children for a Lifetime Since 1984!

503-249-JUMP (5867) | [www.childrensgym.com](http://www.childrensgym.com) | [contact@childrensgym.com](mailto:contact@childrensgym.com)

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## CLASS SCHEDULE AUGUST 28, 2019 – JUNE 5, 2020

Class times and days are subject to change based on demand and staff availability.

Stated tuition is based on 4-weeks/4-lessons. Tuition is billed based on the amount of lessons between the 1st-30th (31st).

Enrollment in any class requires an annual membership fee, \$40 per child or \$50 per family, paid once per year.

Family Discount: After the 1st child, all siblings receive 10% off their tuition. 3rd siblings also trigger 10% off the total family charges monthly.

Dual Enrollment Discount: Multiple class enrollments receive 10% off additional class tuition after the 1st class.

### LEVEL 1 GYMNASTICS CLASSES

#### Roli Polies | 1 & 2 Years | 45 Minute Class | \$79 Per Month for Class Once Per Week | \$150.10 Per Month for Class Twice Per Week

A wonderful energy outlet, Roli Polies is a parent participation class that facilitates exploration and improves body awareness. Through comfortable and undemanding coach interactions, children become more accustomed to working with a teacher, increasing self awareness and independence.

Mondays	9:30am, 10:30am
Tuesdays	9:30am, 10:30am
Wednesdays	9:30am, 10:30am
Thursdays	----- 10:30am
Fridays	9:30am, 10:30am
Saturdays	9:00am, -----

#### Mini Movers | 3 & 4 Years | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 Per Month for Class Twice Pre Week

A confidence and coordination building class, Mini Movers introduces and develops the basics of gymnastics in a structured environment. This class accommodates a wide range of mentalities, easily adaptable for children just separating from their parents or new to a classroom environment. Students learn patience and control through structure and positive reinforcement. Twice a week attendance is highly encouraged.

Mondays	9:30am, 10:30am, 11:30am, -----	3:25pm, 4:35pm, 5:45pm
Tuesdays	9:30am, 10:30am, 11:30am, 1:30pm, -----	3:25pm, 4:35pm, -----
Wednesdays	----- 10:30am, 11:30am, 1:30pm, -----	3:25pm, 4:35pm, -----
Thursdays	----- 10:30am, 11:30am, -----	3:25pm, 4:35pm, -----
Fridays	9:30am, 10:30am, 11:30am, 1:30pm, -----	3:25pm, 4:35pm, 5:45pm
Saturdays	9:00am, 10:10am, 11:20am, 1:30pm, 2:35pm	

#### Tiny Tumblers | 5 & 6 Years | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 Per Month for Class Twice Per Week

Geared towards building independence and responsibility, Tiny Tumblers accommodates a wide range of mentalities, easily adaptable for children just separating from their parents or new to a classroom environment. Students learn patience and control through structure and positive reinforcement, while also increasing independence and self-regulation through extra jobs. Twice a week attendance is highly encouraged.

Mondays	----- ----- 11:30am, -----	3:25pm, 4:35pm, 5:45pm
Tuesdays	----- 10:30am, 11:30am, 1:30pm, -----	3:25pm, 4:35pm, 5:45pm
Wednesdays	----- ----- 11:30am, 1:30pm, -----	3:25pm, 4:35pm, ----- 6:50pm
Thursdays	----- 10:30am, 11:30am, -----	3:25pm, 4:35pm, 5:45pm, 6:50pm
Fridays	----- ----- 11:30am, 1:30pm, -----	3:25pm, 4:35pm, 5:45pm
Saturdays	9:00am, 10:10am, 11:20am, 1:30pm, 2:35pm	

#### Gym Dandies | 7-9 Years | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

Designed to accommodate the mental maturity and body coordination of children ages 7-9, Gym Dandies introduces and develops the basics of gymnastics in a structured environment. Coaches build students' self-confidence with positive reinforcement and foster improved work ethic and critical thinking with independent extra jobs that complement coach-guided skills. Twice a week attendance is highly encouraged.

Mondays	3:25pm, 4:35pm, -----
Tuesdays	3:25pm, 4:35pm, 5:45pm, 6:50pm
Wednesdays	3:25pm, 4:35pm, 5:45pm, 6:50pm
Thursdays	3:25pm, 4:35pm, 5:45pm, 6:50pm
Fridays	3:25pm, 4:35pm, 5:45pm
Saturdays	10:10am, 11:20am, 1:30pm, 2:35pm

#### Twisters | 10-14 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

Designed to accommodate the mental maturity and body coordination of children ages 10-14, Twisters introduces and develops the basics of gymnastics in a structured environment. Coaches facilitate class with encouragement and enthusiasm, combining coach-guided skills with independent student activity to foster improved work ethic, self confidence, and critical thinking. Twice a week attendance is highly encouraged.

Mondays	----- 4:35pm, -----
Tuesdays	3:25pm, ----- 6:50pm
Wednesdays	3:25pm, 4:35pm, -----
Thursdays	3:25pm, ----- 5:45pm, 6:50pm
Fridays	3:25pm, 4:35pm -----
Saturdays	----- ----- 1:30pm -----



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## LEVEL 2 GYMNASTICS CLASSES

**Classes on this page require passing an appropriate assessment.**

### Fancy Flippers | 5-6 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 Per Month for Class Twice Per Week

Building on the foundation set in the Tiny Tumblers class, Fancy Flippers provides a more challenging classroom environment that begins to increase skill difficulty and student independence. Students learn patience and control with structure and positive reinforcement, while also increasing independence and self-regulation through stations. Twice a week attendance is highly encouraged.

Mondays	4:35pm
Tuesdays	-----
Wednesdays	5:45pm
Thursdays	-----
Fridays	-----
Saturdays	-----

### Fliers | 7-9 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

A confidence and coordination building class, Mini Movers introduces and develops the basics of gymnastics in a structured environment. This class accommodates a wide range of mentalities, easily adaptable for children just separating from their parents or new to a classroom environment. Students learn patience and control through structure and positive reinforcement. Twice a week attendance is highly encouraged.

Mondays	-----, 4:35pm	-----
Tuesdays	3:25pm, -----	6:50pm
Wednesdays	3:25pm, 4:35pm, 5:45pm	-----
Thursdays	3:25pm, -----	6:50pm
Fridays	3:25pm, -----	-----
Saturdays	11:20am, -----	-----

### Aerials | 10-14 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

Progressing skills and knowledge from the Twisters classes, Aerials challenges students to work physically and mentally demanding skills both with the instructor and on their own. Students are encouraged by their own progress, made aware of their strengths and inspired to improve their skills in new and exciting ways. Twice a week attendance is highly encouraged.

Mondays	-----		
Tuesdays	----- 4:35pm	-----	
Wednesday	----- 4:35pm	6:50pm	
Thursdays	-----	5:45pm	-----
Fridays	-----	5:45pm	-----
Saturdays	2:35pm	-----	-----



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## LEVEL 3 GYMNASTICS CLASSES

**Classes on this page require passing an appropriate assessment.**

### Hotshots | 7-9 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

Progressing skills and knowledge from the Fliers class, the Hot Shots class challenges students to work physically and mentally demanding skills both with the instructor and on their own. Class is a combination of fast-paced physical and mental exercises, facilitated in a fun and encouraging environment by enthusiastic instructors. Twice a week attendance is highly encouraged.

Mondays	-----
Tuesday	5:45pm
Wednesdays	4:35pm
Thursdays	-----
Fridays	-----
Saturdays	-----

\*Hotshots students are typically allowed to enroll in a Sparklerz class if that schedule works better for individual families. Please check in with the front office regarding enrolling into a Sparklerz class.

### Sparklerz | 10-14 Year Olds | 55 Minute Class | \$90 Per Month for Class Once Per Week | \$171 for Class Twice Per Week

Progressing skills and knowledge from the Aerials class, the Sparklerz class challenges students to work physically and mentally demanding skills both with the instructor and on their own. Class is a combination of fast-paced physical and mental exercises, facilitated in a fun and encouraging environment by enthusiastic instructors. Twice a week attendance is highly encouraged.

Mondays	-----
Tuesdays	6:50pm
Wednesdays	5:45pm
Thursdays	6:50pm
Fridays	-----
Saturdays	-----

\*Sparklerz students are typically allowed to enroll in a Hotshot class if that schedule works better for individual families. Please check in with the front office regarding enrolling into a Hotshot class.

## TCG SQUAD

**Squad classes on this page require passing an invite only try-out.**

### TCG Squad | 7-14 Year Olds | 120 Minute Class | \$189 Per Month for Class Once Per Week

The Gymnastics Squad is an invitational gymnastics class that provides our gymnasts with the opportunity to train in a 'team' environment with similarly talented, dedicated, and enthusiastic gymnast friends. Squad students perform in the special end-of-season Showcase for their family and friends. Students also receive team leotards to be worn to all classes. Additional Squad gear is also stocked within the TCG pro-shop. Twice a week attendance is highly encouraged. Students may enroll in whichever day/time they would like, however once groups are set TCG may ask students to switch days if able to create the best fit group.

Mondays	5:45pm
Tuesdays	4:35pm
Wednesdays	5:45pm
Thursdays	4:35pm
Fridays	-----

#### Squad pricing and discounts:

1st Class: \$189

2nd Class: \$160.65. Total for 2 classes \$349.65

3rd Class: \$160.65 & additional 15% off grand total of 3 classes. Normal total for 3 classes/week \$433.75

\*above stated pricing is based on a normal 4 week month. Tuition will be adjusted to reflect shorter or longer months.

Contact our front office to set up flat rate monthly billing. [contact@childrensgym.com](mailto:contact@childrensgym.com)