



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 | contact@childrensgym.com

FALL 2020 SCHEDULE CLASSES BEGIN MONDAY, OCTOBER 5, 2020

Stated tuition is based on 4-weeks/4-lessons. Tuition is billed based on the amount of lessons between the 1st-30th (31st) and will be adjusted to accordingly. Enrollment in any class requires an annual membership fee, \$40 per child or \$50 per family, paid once per year. There are no sibling or multiclass discounts at this time.

LEVEL 1 GYMNASTICS CLASSES

Tiny Tumblers | 5 & 6 Years | 45 Minute Class | \$90 Per Month for Class Once 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.

Mondays	3:20pm, 5:50pm
Tuesdays	4:30pm, 5:50pm
Wednesdays	3:20pm, 5:50pm
Thursdays	3:20pm, 4:30pm
Saturdays	9:00am, 10:10am, 1:15pm

Gym Dandies | 7-9 Years | 45 Minute Class | \$90 Per Month for Class Once 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.

Mondays	3:20pm
Tuesdays	3:20pm, 5:50pm
Wednesdays	3:20pm, 4:30pm, 5:50pm
Thursdays	3:20pm, 4:30pm, 5:50pm
Saturdays	11:30am

Twisters | 10-14 Years | 45 Minute Class | \$90 Per Month for Class Once 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.

Please note that all Twisters classes are currently waitlist only. Students can enroll for Gym Dandies classes.



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LEVEL 2 GYMNASTICS CLASSES

Classes on this page require passing an appropriate assessment.

Fliers | 7-9 Years | 45 Minute Class | \$90 Per Month for Class Once Per Week

Progressing skills and knowledge from the Gym Dandies classes, Fliers 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.

Mondays 4:30pm, 5:50pm

Tuesdays 3:20pm

Thursdays 3:20pm

Aerials | 10-14 Years | 45 Minute Class | \$90 Per Month for Class Once 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.

Mondays 4:30pm, 5:50pm

Tuesdays 4:30pm

Thursdays 3:20pm

LEVEL 3 GYMNASTICS CLASSES

Classes on this page require passing an appropriate assessment.

Hotshots/Sparklerz | 7-14 Years | 45 Minute Class | \$90 Per Month for Class Once Per Week

Progressing skills and knowledge from the Fliers and Aerials classes, the Hotshot/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.

Wednesdays 4:30pm

TCG SQUAD

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

TCG Squad | 7-14 Years | 45 Minute Class | \$90 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.

Attendance in a Live Zoom class in conjunction with the in-person Squad class is highly encouraged.

Mondays 4:30pm

Thursdays 5:50pm



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F.A.Q. FOR RETURNING TO IN-PERSON GYMNASTICS CLASSES

- All students will be required to wear masks during classes. This includes while arriving for class and being checked out. We highly encourage students to bring a second mask as a backup.
- For safety, only enrolled students will be permitted into TCG. Parents and siblings are asked to remain outside the facility.
- In case of emergencies please make sure there is a contact number on file for your family should we need to call you during your child's lesson.
- Each class will have a designated check-in time prior to class. If you arrive early, please wait in your car until the check in period begins.
- Coaches will be conducting check-in and student screening. Late arrivals will not be permitted in once classes have begun due to the nature of check-in.
- Classes will be assigned a check-out window after class. Please ensure whomever is picking up your child arrives during that window.
- All check-in and check-outs will happen at the entry on 17th and Sandy. Window decals will indicate where to wait for social distancing and students will be checked-in and out 1 and a time. A parent or guardian is required to be present for check-in and check-out.
- Restrooms will be available for students to use during classes however we strongly encourage students to use the restroom before arriving for class.
- Students must arrive in their class apparel. Changing will not be permitted within the facility.
- Students must bring their own water bottle as drinking fountains will be closed.
- TCGs makeup policy will be flexible to accommodate students needing to miss class due to illness. So long as TCG is notified prior to class starting, absences will be marked as excused and eligible for a make-up class.
- A class confirmation email with more class policies will be sent upon enrollment. Please ensure it is reviewed thoroughly.