

HGA Session 3 / 10 weeks. February 6, 2012- April 14, 2012

PHONE:586.954.3300

Mommy and Me Programs (mobile-3 years)				MON	TUES	WED	THURS	FRI	SAT
This program is designed to help young children learn and develop as they play in a fun environment with a parent!									
Open Play Time mobile-5 years	60 min.	\$5 per time	Come and enjoy some play time with your child throughout our gymnastic facility! Explore your child's curiosity in an exciting environment.		11:45 AM		11:45 AM		2:00PM
Kangaroo Kids 9-17 months	ratio 12:1 30 min.	cost: \$120	This class encourages discovery, balance and coordination! This encourages development through play with ramps, slides and learning in support your child's personal growth, along with music, song, movement games & instruments!		10:45 AM				11:30 AM
Monkeys months-3 years	ratio 12:1 45 min.	cost: \$120	This class encourages development of motor skills, coordination & basic gymnastics in an exciting environment that appeals to their curiosity!	7:30 PM		10:00 AM		7:00 PM	10:45 AM
Preschool and Kindergarten Age Programs (3 years-5 years)				MON	TUES	WED	THURS	FRI	SAT
This program is designed to teach gymnastics in a class environment, encourage active play and build gross motor skills!									
Giraffes Nighttime & weekend classes. 3 years	ratio 6:1 45 min.	cost: \$140	These programs are a great way for your child to acquire gymnastics experience & also work on their gross motor skills and physical fitness.	5:15 PM		6:30 PM	5:30 PM	6:00 PM	9:30 AM 12:30 PM
Hippos Daytime classes. Boys & Girls 3-5 years	ratio 6:1 60 min.	cost: \$140		12:30PM 1:30 PM	9:30 PM 1:00PM	9:30 AM 10:30AM	9:30 AM 10:30AM		
Zebras Nighttime & weekends. Girls 4 & 5 years	ratio 8:1 60 min.	cost: \$140		6:30 PM	5:30 PM 6:30PM	5:30PM 6:30PM	5:30PM 6:30PM	5:00 PM Advanced	9:30 AM 11:30AM
Tigers, Nighttime & weekends. Boys 4 & 5 years	ratio 8:1 60 min.	cost: \$140						5:00 PM	10:30 AM
School Aged Gymnastics Program (ages 6 and up)				MON	TUES	WED	THURS	FRI	SAT
Boys Rec. Boys ages 6 & up	ratio 8:1 80 min.	cost: \$170 10 wks	This class will focus on boys gymnastics on all apparatus.	5:00 PM					12:00 PM
Beginner. Girls ages 6 & up	ratio 8:1 80 min.	cost:\$170 10 wks	Introduction to gymnastics. This class teaches basic gymnastics skills/safety/flexibility & a ton of fun! Level 1 according to USAG.	6:30 PM	6:30 PM	5:00 PM 6:30 PM	5:00 PM 6:30 PM	5:00 PM	9:30 AM 11:00 AM
Intermediate. Girls ages 6 & up	ratio 8:1 80 min.	cost:\$170 10 wks	This class is for those athletes that have passed the beginner gymnastics class & will learn level 2 & 3 according to USAG.	5:00 PM	5:00 PM	5:00 PM	6:30 PM	6:30 PM	9:30 AM
Advanced. Girls ages 6 & up	ratio 10:1 80 min	cost:\$170 10 wks	This class is for those athletes that have passed the intermediate gymnastics class & will learn level 4 according to USAG.			6:30 PM			11:00 AM
School Aged Specialty Classes & Tumbling Program (ages 5 and up)				MON	TUES	WED	THURS	FRI	SAT
Open Gym Time Girls & Boys ages 6 & up	2 hours	\$10 per time	This is a fun class that is for registered students in our program where they can use all the apparatus' in the gym! Pre-Registration \$8, Day of \$10.						3:00PM limit 25
Drop In Clinics (back handspring/back tuck & more clinic)	ratio 8:1 60 min.	cost: \$10 per class	This is an open tumbling session taught by an experienced coach! Must have a back bend to join the class. Pre-Registration \$8, Day of \$10.		7:30PM		8:00PM		
Beginner Tumbling Girls & Boys ages 7 & up	ratio 8:1 60 min.	cost:\$140 10 wks	This is an open beginner tumbling session for all athletes looking to learn tumbling skills taught by an experienced coach!		5:30 PM			6:00 PM	
Special Needs Gymnastics Girls & Boys 5 and up	ratio 6:1 60 min.	cost:\$140 10 wks	Fundamental and movement education based sports like gymnastics, provide tremendous benefits for children with special needs.	6:30 PM				7:00 PM	
Martial Arts Tricking Boys 5 and up	ratio 8:1 60 min.	cost:\$140 10 wks	This class is designed to teach mixed martial arts and gymnastics by a professional coach.				6:30 PM		
Boys Sports Readiness Boys 5 and up	ratio 8:1 60 min.	cost:\$140 10 wks	Prepares young boys for sports activites by developing strength, power, flexibility, power, coordination, speed with all other fundamentals of movement!		6:30 PM				1:30 PM
Cheer Recreational Girls ages 6 & up	1:15 hours	\$50 monthly	Learn beginner cheerleading skills, tumbling, stunting, jumping and choreography!			6:15 PM			
Karate Boys ages 6 & up	ratio 8:1 60 min.	cost:\$140 10 wks	Learn self- defense, weapons defenses, traditional techniques and much more that will build your confidence and self esteem.		7:30PM		7:30PM		