







GYMNASTICS *Unlimited*

LEVEL	DESCRIPTION	AGE
ROLLING RIPPLE (Parent & Tot) 	Parent stays w/ child during class to guide them through body awareness activities using large/fine motor skills. Our Rolling Ripples will crawl, climb, roll & play in a safe encouraging environment. 'Circle time' is used for warm up and ending activities.	18 mos. - 3 yrs 45 min.
WAVE RUNNER (FIT-nastics) 	A structured class using cognitive learning to help w/child development stages. Being a 'FIT-nastics' class we will focus on movement, body & aerial awareness. We will use props and music throughout class to teach and reinforce development & fine/large motor skills. Once the kids are comfortable & independent we will then teach basic positions & skills using circuits in a safe, encouraging environment.	3 - 4 yrs 45 min. <i>FIT-nastics</i>
INFANT SENSORY	This is a <i>FREE</i> half hour class for infants to explore & use senses, 3-17 months	Tu, noon
 Ninja Zone	Boys&Girls ages 4-11 years. Obstacles, tumbling and "Ninja style" moves Teaches combinations of turns, rolls, spins, jumps and kick.	
Indoor Play	Unstructured "play" for exploration and exercise with parent supervision. For ages 5 and under ONLY	5 years and under
TIDAL WAVE (Beginner) 	This is a structured group to learn basic strength, flexibility, balance/ coordination and skills in a fun, challenging atmosphere. Individual progression sheets are used to record each child's success. Once they complete the skills on their sheet independently then they will graduate to the Tornado level.	5 - 18 yrs 1 hr USAG level 1
TORNADO (Intermediate) 	This is a structured group to master basic skills/form & learn some intermediate skills, strength & flexibility. Use safe progressions & drills to complete criteria on Individual progression sheet. Once all skills are accomplished on sheet, then they graduate to Tsunami level.	6 - 18 yrs 1 hr. class USAG Level 1/2
TSUNAMI 	<i>Previous experience required.</i> Master intermediate skills & learn advanced skills, strength & flexibility. Use safe progressions & drills to complete criteria to graduate to Hurricane Level.	7 - 18 yrs 1.5 hrs. class
HURRICANE (advanced)	<i>Previous experience required.</i> Use prior progressions to learn more advanced skills & start connecting skills. Must be willing to try. Class divided into "Categories" according to skill ability.	7 - 18 yrs 1.5 hr class Levels 3-5
TRAMP & TUMBLE CLASS	Review basic tumbling & how to connect skills; Use the floor, tumble track, pits & trampolines. Must have Tornado level skills to sign up for this class (i.e. forward/back roll, Handstand, front limber Cartwheel, bridge, back bend, Round off)	7yrs & older
Open Workout	2 hours of Open Play; Come in to Sign your child in to get a #. Come into the building for pick up. we will not let children leave unattended	6yrs & older
Open Cheer	For cheerleaders to learn tumbling drills/skills using floor & trampolines	Jr/Sr High

*Please note: Gymnastics Unlimited reserves the right to cancel a class due to low enrollment. Prices & Class days/times may change without notice.

Annual Registration Fee = \$40/ child; 3rd child \$35

(Once the registration is paid it is **NON-REFUNDABLE**. Includes a FREE T-shirt, while supplies last with completed release!)

Tuition: always due by the 1st of the month. Late fee will be applied on the 2nd.

Once paid, tuition is **NON-REFUNDABLE**. You are paying for your child's spot in class, NOT by attendance. Once signed up, we assume you will stay enrolled for the school year session.

*If you need to drop, we need a **2 week written notice** to discontinue charges on account. *

Discounts: 5% discount for siblings; 50% discount for 2nd class for the same child.

\$5 discount IF tuition is paid prior to the 15th of the previous month (ie: pay prior to 8/15 for 9/1 deadline)