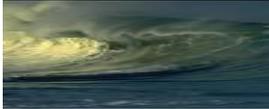


Summer Classes @



| LEVEL | DESCRIPTION | AGE | COST |
|--|--|--|------------------|
| 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 climb, crawl, roll & play in a safe encouraging environment. 'Circle time' is used for warm up & ending activities. | 18 mos. - 3 yrs 45 min. FIT-nastics | \$124 8 weeks |
| WAVE RUNNER  | A structured class using cognitive learning to help with child developmental stages to also help prepare for kindergarten. During class we will use props and music to encourage movement & body awareness. Children will learn basic positions & skills using circuits in a safe, encouraging atmosphere. | 3 - 4 yrs 45 min. FIT-nastics | \$124 8 weeks |
| 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 all skills are completed they will graduate to the Tornado level. | 5 - 18 yrs 1 hr USAG level 1 | \$136 8 weeks |
| TORNADO (Intermediate)  | This is a structured group to master basic skills/form & learn some intermediate skills, strength & flexibility. Use safe progressions 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 levels 1/2 | \$136 8 weeks |
| TSUNAMI (intermediate/ advanced)  | <i>Previous experience required.</i> Master intermediate skills & learn advanced skills, strength & flexibility. Use safe progressions to complete criteria on Personal Progression sheet and graduate to Hurricane Level. | 7 - 18 yrs 1 hr 20 min class USAG levels 2/3 | \$170 8 weeks |
| HURRICANE (advanced)  | <i>Previous experience required.</i> Use prior progressions to learn more advanced skills and start connecting skills. Must be willing to try. Class divided into "Categories" according to skill ability. | 7 - 18 yrs 1 hr 40 min class USAG levels 4-6 | \$180 8 weeks |
| TRAMPOLINE & TUMBLING CLASS | Review basic tumbling & how to connect skills; Use the floor, tumble track, pits & trampolines. Must have mastered basic skills (i.e. forward/back roll, Handstand, Cartwheel, bridge, back bend, Round off) | 7yrs & older | \$136 8 weeks |
| NINJA ZONE | This program uses obstacle courses and circuits for strength, agility, body awareness, ninja style flips, rolls, kicks and vaults. | 4-11 yrs old | \$144 8 weeks |

Summer Payment is due in FULL BEFORE your child's first class.

(Any deposit or payment made for summer classes is **NON-REFUNDABLE**. You are paying for your spot not by attendance.)

Summer Registration (new enrollments only for 2017): \$25/ child

Tuition: There is a 5% discount for siblings and discounts for a child in multiple classes/week.

(All prices, class times and levels are subject to change without notice)