

2016-17



Gymnastics, Tumbling & Fitness - ALL AGES

Session 1 Dates: Sept. 6—Jan. 28

Session 2 Dates: Jan 29—June 5

NO CLASSES: 11/22-26, 12/21-1/3, 3/27-4/1, 5/29

Tuition

Annual Registration Fee: \$45 per family

Discounts: 5% off total for 2nd class, 10% off total for 3rd class, 15% off total for 4th class

	1 day/ 45 or 50 min	1 day/ 45 or 50 min	1 day/ 80 min	1 day/ 80 min	1 day/ 80 min
Session 1 Paid in Full	\$286	\$467	\$377	\$614	\$143
Session 2 Paid in Full	\$286	\$467	\$377	\$614	\$143
Installment Plan* 9 payments	\$69	\$113	\$89	\$146	\$35

**Installment plan is broken into nine EQUAL installments (Sept-May), due at the first of each month with valid debit or credit card. You may choose to pay each payment with a check, however you must keep a credit/debit card on file in the event timely payment is not received. Otherwise, you will be charged a \$15 late fee and your child will not be allowed to participate until your account is current.*

Installment plan students are automatically re-enrolled in Session 2. Students may be dropped by written request during the year with 30 days notice. NO drops are accepted after April 1, 2017.

PLEASE NOTE: Installment Plan Option is not a "monthly" payment plan. You are paying 9 EQUAL payments (includes both sessions) on the first of each month (Sept.– May).

Monday	Tuesday	Wednesday	Thursday	Friday
4:40p Beginning Girls 4:40p Intro to Boys 4:40p Beginning T&T 4:40p Intermediate Flipfest 4:45p 3's 4:45p 4's 5:40p Intro to Girls 5:40p Intermediate Girls 5:40p Beginning Boys 5:40p Beginning Flipfest 5:45p 4's 5:45p 2's 5:45p Tiny Tumblers 6:40p Intro to Girls 6:40p Beginning Girls 6:40p Beginning T&T 6:40p Intermediate Boys 6:40p Intermediate Flipfest 6:40p Intermediate Girls 7:30p-8:30p Drop-In Tumble** 7:40p Advanced Girls* 7:40p Advanced Boys* 7:40p Advanced T&T*	9:30a Super Roos 9:30a 4's 10:30a 3's 10:30a Advanced 4's* 1:00p Tiny Tumblers 4:40p Intro to Girls 4:40p Beginning Girls 4:40p Beginning Flipfest 4:40p Advanced Tiny Tumblers* 4:45p 2's 4:45p Tiny Tumblers 5:40p Beginning Girls 5:40p Intermediate Girls 5:40p Intermediate Boys 5:40p Beginning T&T 5:40p Beginning Flipfest 5:45p SuperRoos 5:45p 4's 6:10p Advanced T&T* 6:35p 3's 6:35p Advanced 4's* 6:40p Beginning Girls 6:40p Intermediate Girls 6:40p Beginning Boys 6:40p Intermediate T&T 6:40p Intermediate Flipfest 7:30p-8:30p Drop-In Tumble** 7:40p Advanced Flipfest*	9:45a 3's 10:45a-11:45a Preschool Playtime*** 4:40p Beginning Boys 4:40p Intro to Girls 4:40p Beginning Girls 4:40p Intermediate T&T 4:45p SuperRoo's 4:45p 4's 5:40p Intro to Girls 5:40p Beginning Girls 5:40p Intro to Boys 5:40p Beginning T&T 5:40p Intermediate Girls 5:45p 2's 5:45p 4's 6:35p 3's 6:35p Tiny Tumblers 6:40p Intro to Girls 6:40p Beginning Girls 6:40p Beginning T&T 6:40p Advanced Girls*	9:30a 2's 9:30a 4's 10:30a SuperRoo's 10:30a 3's 1:00p 4's 4:40p Beginning Flipfest 4:40p Beginning Girls 4:40p Intermediate Girls 4:40p Beginning T&T 4:45p 2's 4:45p 4's 4:45p SuperRoos 4:45p Tiny Tumblers 5:40p Intro to Girls 5:40p Beginning Girls 5:40p Beginning Boys 5:40p Intermediate T&T 5:40p Beginning Flipfest 5:45p 3's 5:45p Tiny Tumblers 5:45p 4's 6:35p 2's 6:35p 3's 6:40p Beginning Girls 6:40p Intermediate Girls 6:40p Beginning T&T 6:40p Intermediate Flipfest 6:40p Advanced T&T* 6:40p Advanced Boys* 6:40p Advanced Girls* 7:30p-8:30p Drop-In Tumble**	9:45a-10:45a Preschool Playtime*** Open Bounce*** 1:00-2:30p AND 3:00p-4:30p AND 7:30-9:00p Saturday 9:30a Intro to Girls 9:30a Beginning Girls 9:30a Beginning T&T 9:35a 2's 9:35a 4's 10:30a Beginning Girls 10:30a Intermediate Girls 10:30a Beginning T&T 10:30a Intermediate T&T 10:35a 3's 10:35a Baby/SuperRoo's 10:35a Tiny Tumblers 11:30a-12:30p Preschool Playtime*** Sunday 3:30-5:00p Open Bounce***

*80-minute class **Drop-In (Instructed) tumble class ***Non-instructional, drop-in playtime.

Please see back for full class descriptions and important info! All classes are subject to change.



2755 Arena Dr.
Hartland, MI 48353
810.632.7222, ext. 2
HartlandSportsCenter.com

2016-17 Class Descriptions

PRESCHOOL CLASSES

BABYROO's - 6 weeks to pre-walking (held upstairs)

Thirty minutes of PARENT-ASSISTED play filled with rocking and rolling movements, tummy time, while exploring and discovering the world around them. Our safe and captivating Baby Bounce room was built just for them and is perfect for keeping your little one engaged as they develop socially, emotionally and physically. Join us for this memorable experience of special parent-child bonding time through sensory stimulation and physical play. (30 min)

SUPERROO's - walking up to 2 (held upstairs) PARENT-ASSISTED - Discover your infant's natural movement abilities & share the excitement as your baby crawls, climbs, hangs, swings and tumbles. Our coach led lesson plans are perfect for promoting social skills through parent-child bonding activities & gross motor play. (45 min)

TWO's - for boys & girls age 2. PARENT-ASSISTED Using creative play and nurturing instruction, parents and their toddlers are introduced to the magic of gymnastics. They will learn such concepts as: next to, under, through and on top along with body awareness, social-building skills. Age-appropriate activities & a flexible class environment provide parent & child with the freedom to explore & enjoy movement individually. (45 min)

THREE's—for boys & girls age 3. PARENT-ASSISTED Each class is infused with gymnastic fundamentals, creative movement, and progressive concepts designed to encourage the development of general athleticism. The skills practiced in class include many floor skills like forward and backward rolls, cartwheels, jumping on the trampoline and tumble trak, balance beam & bar skills. (45 min)

FOUR's - for boys & girls age 4. The 4's develop independence by having class without a parent. Coaches give them multi-step instructions and allow them independence in the gymnastic circuits. Let us lavish praise on your fabulous 4 yr old as we teach more advanced gymnastics. Develop hand-eye coordination, improved strength, gross motor proficiency, listening skills, flexibility & FUN! (45 min)

ADV FOUR's - for boys & girls age 4. - Invite only

FLIPFEST—Ages 7 and up—Boys/Girls

Beginning: An Urban Freestyle tumbling class. This class is a combo of trampoline flipping skills, floor flipping skills and free running movements. They will learn to flip, dash, dive, vault, climb and build strength to do much more. The progressions taught within the class are made to show the students how to perform these flips and other movements with correct technique in a safe environment. (50 min)

Intermediate: MUST Complete Beginning Flipfest or evaluation. Must have correct front tuck and back tuck on trampoline. (50 min)

Advanced: MUST Complete Intermediate Flipfest or eval. Must have correct front tuck & back tuck on floor. (80 min)

GIRLS GYMNASTICS (ages 5 & up)

Focus is on all four events: Bars, Beam, Floor, Vault

Intro to Girls (ages 5 & 6): While kids build motor skills, they will also show improvement in social and intellectual skills, along with listening skills, attention span, and the ability to follow directions. Girls will rotate around floor, bars, beam, and vault. No preschool equipment. This class transitions girls to "big kid" equipment. (50 min)

Beginning (Ages 7 & up): Beginners work on vault, bars, beam, floor, and trampoline. Basic terms, positions, and more. (50 min)

Intermediate: Continues the foundations learned in Beginning Girls and moves toward Advanced Girls through more strength, drills, and progressions. Must have completed Beginning Girls or evaluation. (50 min)

Advanced: Continues the development of Intermediate Girls while building new skills through new progressions. Successful completion of Advanced Girls will prepare gymnasts for joining the Xcel team if age eligible, and if desired. Recommended 2 days/week. (80 min)

BOYS GYMNASTICS (ages 5 & up)

Focus is on all six events: Floor, High Bar, Parallel Bars, Pommel Horse, Rings, Vault

Intro to Boys (ages 5 & 6) - Focusing on our younger beginner boys with the same lesson plans as Beginning Boys as listed below. (50 min)

Beginning Boys (ages 7 & up): Ideal for boys who want to begin learning or continue working on basic skills across the Floor, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar. (50 min)

Intermediate Boys: We will expand the student's skills on 6 events to prepare them for Advanced Boys. Must have completed Beginning Boys skill sheet or evaluation. (50 min)

Advanced Boys: Work advance skills on all Men's apparatus, as well as additional conditioning. Routines are introduced and executed at this level as well. Must have completed Intermediate Boys skill sheet or evaluation. (80 min)

TRAMPOLINE & TUMBLING (T&T) (ages 4& up) Boys/Girls

Safe progressions for: trampoline, double mini, floor tumbling.

TINY TUMBLERS - Ages 4-5 Time to tumble! If your favorite thing to do at Bounce is...bounce, this is the perfect class! Front/back tumbling fundamentals is the core focus, with work on the trampoline, double-mini & floor tumbling. (45 min) **Tiny Tumblers Advanced** (80 min) invite only.

Beginning: Ages 6 & up (50 min)

Intermediate: Must have a solid BRIDGE KICKOVER. (50 min)

Advanced: Must have a BACK HANDSPRING and FRONT TUCK on trampoline. (80 min)

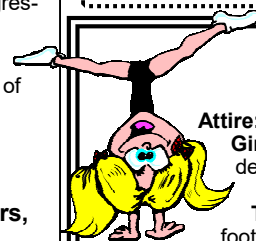
Drop-In Tumble: 3rd grade & up. Attention Cheerleaders and Dancers: Need your back walkover? Back handspring? Back Tuck? Ariels? If so, this class is for you! This class is for students who want instruction on tumbling. Individual Drop In or Punch card (60 min)

How to ENROLL: Call the gym with your preferred day and time and register with a credit card. If you're signing up for the installment plan option you may register online at:

HartlandSportsCenter.com

All families are encouraged to enroll as soon as you choose your preferred day and time.

CALL 810-632-7222 ext 2



General Info:

Attire:

Girls: leotards, hair pulled back off face & shoulders, barefoot.

Boys: shorts and tucked-in t-shirt, barefoot.

T&T: Shorts & t-shirts or tanks are acceptable, barefoot. Sports bras MUST be covered with a shirt.

- All participants must have a parent-signed release form on file to participate in class.
- If your child is over 5, you may leave the gym during class time, as long as the staff has an up-to-date cell phone number
- Children are to be picked up promptly at the end of class
- Tuition/Installment must be paid in full at time of enrollment
- Children should place their belongings in cubby holes upon entering gym
- Children must wait on the benches until their coach calls their class to the gym area
- Children are NOT allowed to be in the gym area when they are not in a supervised class.

REFUND POLICY

If within your child's first 30 days at Bounce you are not satisfied for any reason, we will cheerfully refund 100% of your unused tuition. If after your child's first 30 days at Bounce you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Absolutely NO refunds are given on punch cards (Open Gym, Drop In, Private/Semi Lessons).

MAKE UP POLICY

Students receive two (2) make up classes per child per full session. Missed classes must be made up during Open Bounce before the end of the month in which your session ends. Absolutely NO make up classes can be made up in other preschool or recreational classes.