

# Summer 2017 Gymnastics, Tumbling & Flipfest - ALL AGES

## Summer 2017:

June 12 - August 29 (no class July 3 & 4)

### Flex Schedule:

11 weeks total - you get to choose 6, 8 or 10 weeks

ENROLL ON OR BEFORE  
APRIL 30  
AND RECEIVE  
11 WEEKS FOR  
THE PRICE OF 10!!

## SUMMER FLEX SCHEDULE

### Back by popular demand.....

We will hold 11 weeks of summer classes. You choose your class, how many weeks you would like, and simply come that many times this summer - it is that easy!

For example: sign up for 6 weeks of Wednesday 10:30 am and you will come to your designated class ANY 6 times during June 12 - August 29. You do not even have to let us know which weeks you will attend. This allows for vacations and impromptu sunny day play dates.

### Tuition

	1 day/wk 45 or 50 min	2 day/wk 45 or 50 min	1 day per wk 80 min	2 days per wk 80 min	Super- Roo's Class
6 weeks	\$88	\$147	\$123	\$209	\$45
8 weeks	\$116	\$186	\$156	\$266	\$59
10 weeks	\$142	\$230	\$183	\$320	\$71

Registration Fee: waived for the summer

### REFUND POLICY

There are NO Refunds for the summer session.

### MAKE UP POLICY

NO MAKE-UP CLASSES ALLOWED DURING SUMMER SESSION.

All classes are subject to change.  
Please call for exact availability!

Monday	Tuesday	Wednesday	Thursday
9:30 BabyRoo's****	9:30 SuperRoo's	9:30 3's	9:30 Intro to Boys
10:30 2's	9:30 4's	9:30 4's	10:30 2's
10:30 4's	9:30 Beginning Girls	9:30 Beginning Girls	10:30 4's
10:30 Beginning Girls	9:30 T&T Beginning	9:30 Flipfest Intermediate	10:30 Beginning Girls
10:30 T&T Intermediate	9:30 Flipfest Beginning		10:30 Intermediate Girls
11:30 3's	10:30 3's	10:30 2's	10:30 T&T Beginning
11:30 4's	10:30 4's	10:30 Intermediate Girls	10:30 Intermediate Boys
11:30 Intermediate Girls	10:30 Intermediate Girls	10:30 Intro to Girls	
11:30 T&T Beginning	10:30 T&T Intermediate	10:30 T&T Beginning	11:30 3's
	10:30 Flipfest Intermediate	10:30 Flipfest Beginning	11:30 Tiny Tumblers
4:30 Intro to Girls	11:30 BabyRoo's****	11:30 Advanced 4's*	11:30 Intro to Girls
4:30 Tiny Tumblers	11:30 2's	11:30 Advanced Girls*	11:30 Beginning Girls
4:30 Beginning Boys	11:30 Intro to Girls	11:30 SuperRoo's	11:30 T&T Advanced*
	11:30 Tiny Tumblers	11:30 Flipfest Advanced*	11:30 Beginning Boys
	11:30 Clinics ***		
5:30 2's	4:30 3's	11:30-12:30	4:30 2's
5:30 4's	4:30 SuperRoo's	Drop In TUMBLE**	4:30 Beginning Girls
5:30 Beginning Girls	4:30 Beginning Girls		4:30 Tiny Tumblers
5:30 Intermediate Girls	4:30 T&T Beginning	4:30 SuperRoo's	4:30 Flipfest Beginning
5:30 T&T Intermediate	4:30 Flipfest Intermediate	4:30 T&T Intermediate	4:30 Intermediate Girls
5:30 Intro to Boys	5:30 2's	4:30 Intermediate Girls	
	5:30 4's	4:30 Intro to Boys	5:30 4's
6:30 4's	5:30 Intro to Girls	5:30 3's	5:30 Intermediate Girls
6:30 3's	5:30 T&T Intermediate	5:30 Beginning Girls	5:30 T&T Beginning
6:30 Intro to Girls	5:30 Flipfest Beginning	5:30 Tiny Tumblers	5:30 Flipfest Intermediate
6:30 Beginning Girls	6:30 4's	5:30 Intermediate Boys	5:30 Intro to Girls
6:30 T&T Advanced*	6:30 Advanced 4's*		
6:30 Advanced Boys*	6:30 T&T Beginning	6:30 4's	6:30 3's
	6:30 Intermediate Girls	6:30 Intro to Girls	6:30 Beginning Girls
7:30 Advanced Girls*	6:30 Flipfest Beginning	6:30 T&T Beginning	6:30 T&T Beginning
	7:30-8:30	6:30 Beginning Boys	6:30 Flipfest Advanced*
	Drop In TUMBLE**		6:30 Advanced Girls*

\*80-minute class—All Advanced classes are 80 minutes.

\*\*This class is drop-in for Summer (individual or punchcard pricing available)

\*\*\*See Clinic flyer for weekly topics and pricing. (pre-registration preferred)

\*\*\*\*Free for Summer - must pre-register week to week

Please see back for class  
descriptions and important information!

HartlandSportsCenter.com

810.632.7222 ext. 2  
HartlandSportsCenter.com

**bounce**  
GYMNASTICS • CHEER • TAE KWON DO

### **BABYROO'S - 6 weeks to pre-walking (held upstairs)** **THIS CLASS IS FREE FOR THE SUMMER!**

In order to offer to as many students as possible you **MUST pre-register weekly for this FREE class.**

Thirty minutes of 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)

### **PARENT ASSISTED CLASSES**

**SUPERROO's - for boys & girls walking up to 2 (held upstairs)** Discover your infant's natural movement abilities and share the excitement as your baby crawls, climbs, hangs, swings and tumbles. Our coach led lesson plans are perfect for promoting social interaction through parent-child bonding activities and 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)

### **KIDS GO-IT-ALONE**

**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 year old as we teach more advanced gymnastics. Develop hand-eye coordination, improved strength, gross motor proficiency, listening skills, flexibility & FUN! (45 min)  
**ADVANCED FOUR's - Invitation only (80 min)**

### **GIRLS GYMNASTICS (ages 5 & up)**

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

**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 desired.

### **TRAMPOLINE & TUMBLING (T&T)**

#### **TINY TUMBLERS - for boys & girls 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)

#### **TRAMPOLINE & TUMBLING (T&T) for BOYS & GIRLS—Ages 6 & up**

**Beginning:** Students learn safe progressions for trampoline, mini-tramp and floor tumbling. A fantastic, FUN sport! (50 min)

**Intermediate:** All ages. Must have completed Beginning T&T or evaluation (50 min)

**Advanced:** All ages. Must have completed Intermediate T&T or evaluation. (80 min)

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

### **FLIPFEST—Ages 7 & up**

**Beginning:** An Urban Freestyle tumbling class. This class is a combination of trampoline flipping skills, floor flipping skills and free running movements. Your child will learn to flip, dash, dive, vault, climb and build the 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 Flipfest Beginning or evaluation. Must have correct front tuck and back tuck on trampoline. (50 min)

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

**How to ENROLL:** Call the gym with your preferred day and time and register with a credit card.

You may register online for the 8 week option 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. Sports bra tops must be covered with a shirt.

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



- 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 cubbies upon entering gym.
- Children must wait on the bleachers until their coach calls their class to the gym area.

### **BOYS GYMNASTICS (ages 5 & up)**

**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):** Beginners work on skills on the floor exercise, p-bars, high bar, vault, still rings and pommel horse, w/additional skills on trampolines. (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. Must have completed Intermediate Boys skill sheet or evaluation (80 min)