



Current Class Schedule:
NO CLASS DATES ARE LISTED ON OUR WEBSITE: HartlandSportsCenter.com

Rev. 08/31/23

Please see back for class descriptions & more info!
 All classes are subject to change. Please call for exact availability!

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-----------|----------------------|-------------|--------------------|-------------|-----------------------|-------------|--------------------|--|----------------------|
| 4:30-5:15 | 4's | 9:30-10:15 | 2's | 9:30-10:15 | SuperRoo's | 9:30-10:15 | SuperRoo's | 10:30-11:30 | Preschool Playtime* |
| 4:30-5:20 | Intro to Girls | 10:30-11:15 | 4's | 10:30-11:30 | Preschool Playtime* | 10:30-11:15 | 3's | 4:40-5:30 | Beginning Girls |
| 4:30-5:20 | Beginning Girls | 11:30-12:20 | Advanced 4's | 4:30-5:15 | 4's | 11:30-12:15 | 4's | 4:40-5:30 | Just Tumble |
| 4:40-5:30 | Beginning Boys | 4:30-5:15 | 3's | 4:30-5:20 | Intro to Girls | 4:30-5:15 | 4's | 4:40-5:30 | Beginning T&T |
| 4:40-5:30 | Beginning T&T | 4:30-5:20 | Intro to Girls | 4:40-5:30 | Intro to T&T | 4:30-5:20 | Intro to Girls | 5:40-6:30 | Intermediate Girls |
| 5:00-6:15 | Shining Stars | 4:30-5:20 | Beginning Girls | 4:40-5:30 | Intermediate Flipfest | 4:30-5:50 | Advanced Girls | 5:40-6:30 | Intro/Beginning Boys |
| 5:30-6:15 | 3's | 4:30-5:20 | Intermediate Girls | 5:30-6:15 | 4's | 4:30-5:20 | Intermediate Girls | 5:40-6:30 | Intro T&T |
| 5:30-6:20 | Intro to Girls | 4:30-5:20 | Advanced 4's | 5:30-6:20 | Intro to Girls | 4:40-5:30 | Intro to T&T | 5:40-7:00 | Advanced Girls |
| 5:30-6:20 | Beginning Girls | 4:30-5:45 | Shining Stars | 5:30-6:20 | Beginning Girls | 5:30-6:20 | 4's | Saturday | |
| 5:40-6:30 | Intro to Boys | 4:40-5:30 | Beginning T&T | 5:40-6:30 | Beginning T&T | 5:30-6:20 | Beginning Girls | 9:00-9:50 | Beginning T&T |
| 5:40-6:30 | Intro to T&T | 5:30-6:15 | 2's | 5:40-6:30 | Beginning Flipfest | 5:30-6:20 | Intermediate Girls | 10:00-10:50 | Intro to T&T |
| 5:40-6:30 | Intermediate T&T | 5:30-6:20 | Intro to Girls | 6:30-7:15 | 2's/3's | 5:40-6:30 | Beginning T&T | 10:00-10:50 | Intro/Beginning Boys |
| 6:30-7:15 | 2's/3's | 5:30-6:20 | Beginning Girls | 6:30-7:20 | Beginning Girls | 6:30-7:15 | 2's/3's | | |
| 6:30-7:20 | Intro to Girls | 5:30-6:20 | Intermediate Girls | 6:30-7:20 | Intermediate Girls | 6:30-7:20 | Intro to Girls | <i>*Non-instructional, drop-in playtime. You must preregister, but it is pay as you go. **Drop-In (Instructed) tumble class, pay as you go.</i> | |
| 6:30-7:20 | Beginning Girls | 5:40-6:30 | Beginning T&T | 6:40-7:30 | Intermediate T&T | 6:30-7:20 | Beginning Girls | | |
| 6:30-7:20 | Intermediate Girls | 6:30-7:15 | 4's | 6:40-7:30 | Beginning Flipfest | 6:40-7:30 | Intermediate T&T | | |
| 6:40-7:30 | Just Tumble | 6:30-7:20 | Intro to Girls | 7:30-8:20 | Intermediate Girls | 7:30-8:20 | Beginning Girls | | |
| 6:40-7:30 | Intermediate Boys | 6:30-7:20 | Beginning Girls | 7:30-8:50 | Advanced Girls | 7:40-8:30 | Intermediate T&T + | | |
| 6:40-7:30 | Beginning T&T | 6:40-7:30 | Intermediate T&T | 7:40-8:30 | Beginning T&T | 7:40-9:00 | Advanced T&T | | |
| 7:30-8:20 | Intermediate Girls | 7:30-8:20 | Just Tumble | | | | | | |
| 7:30-8:50 | Advanced Girls | 7:30-8:20 | Beginning Girls | | | | | | |
| 7:30-8:50 | Advanced Girls 2 | | | | | | | | |
| 7:40-8:30 | Intermediate T&T | | | | | | | | |
| 7:40-8:30 | Advanced Just Tumble | | | | | | | | |

Annual Registration Fee: ZERO!
Discounts: 5% off total for 2nd class, 10% off total for 3rd class, 15% off total for 4th class

Automatic Monthly Tuition Policy

You will be enrolled in a program that has installment monthly tuition. **You are continuously enrolled in the program and will incur monthly installment tuition charges on your account on the 1st of every month until a Bounce Class Stop Request Form is submitted.** If you wish to stop your class you must submit a Stop Class form to the front desk any time during the month you are finishing up. It must be turned in to the front desk **BEFORE** the 1st day of the new month. If you stop a class after the month begins, you will not receive credits and/or refunds for the remaining classes in the current month. Bounce does not send a monthly bill and it is your responsibility to pay your account balance. If for any reason your payment cannot be processed and your account remains overdue, understand that you enrollment in classes will be cancelled.

| Monthly Installment Payments are charged on the 1st of each month until you submit an Class Stop Form. | | | | | |
|--|---------------------|-----------------------|-----------------------|------------------------|------------------------|
| | 1 day/wk Super-Roos | 1 day/wk 45 or 50 min | 2 day/wk 45 or 50 min | 1 day/ wk 75 or 80 min | 2 days/wk 75 or 80 min |
| Monthly Installment Payment | \$48 | \$88 | \$141 | \$112 | \$181 |

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

PRESCHOOL CLASSES

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

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. (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. Age appropriate activities, in a fun, fitness filled environment, provide parent and child the ability to grow together. (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. They will learn more advanced progressions. Develop hand-eye coordination, improved strength, gross motor proficiency, listening skills, flexibility & FUN! (45 min)

ADV FOUR's - for girls age 4. - Invite only (75 min)

TRAMPOLINE & TUMBLING (T&T) (ages 4 & up)

Boys/Girls

Time to tumble! If your favorite thing to do at Bounce is... bounce, this is the perfect class! Front/back tumbling fundamentals are the core focus, with work on the trampoline, double-mini & floor tumbling.

Advanced Tiny Tumblers-Ages 4-6 (75 min) invite only - team-tracking.

Intro to T&T - Ages 5-6 (50 min)

Beginning: Ages 7 & 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)

Just Tumble: Ages 5 & up (50 min) Focuses on tumbling skills only.

Handstand, Cartwheel, Roundoff, Walkover, Handsprings

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)

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 improve in social and intellectual skills, along with listening skills, attention span, and the ability to follow directions. Girls will rotate around vault, bars, beam, and floor. 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)

Beginning Girls plus: Invite only (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)

Shining Stars: Invite only - team tracking. (75 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 advanced skills on all Men's apparatus, as well as additional conditioning. Routines introduced and executed at this level. Must have completed Intermediate Boys skill sheet or evaluation. (80 min)

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 Intern. Flipfest or eval. Must have correct front tuck & back tuck on floor. (80 min)

How to ENROLL:

Call the gym at 810.632.7222, x2 with your preferred day and time and register with a credit card.

If you prefer, you may register :

Online at HartlandSportsCenter.com

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

General Info:

Attire:

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

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

T&T: Leotards, 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.
- First Installment and Annual Registration fee must be paid in full at time of enrollment.
- Children should place their belongings in cubbies 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.

Make-up Policy

Your tuition pays for a class spot, REGARDLESS OF ATTENDANCE. Bounce does not guarantee the availability of make-up classes. Students may attend (1) Open Gym or (1) Preschool Playtime for each missed class. **You must make-up the class within 60 days from the date of your missed class.** Absolutely NO make-up classes can be made up in other preschool or recreational classes.

Refund Policy

Bounce does not issue any refunds for any reason. We do not give credits and/or refunds for missed and/or cancelled classes due to holidays, vacation, illness, weather or any other reason. Most months will have four classes. Some months you may receive five classes, some may have three. During the year, the schedule allows the months to average each other out. Therefore, you will not be charged extra for months with five classes, nor will you be charged less for those with three for the holidays.

The logo for Bounce features the word "bounce" in a bold, lowercase, sans-serif font. The letter "o" is replaced by a solid red circle.