

FALL Schedule

ACE GYMNASTICS



400 Gold Medal Ct., Longwood, FL 32750

www.acegymnastics.net

Where All Children Excel

407-831-2582

August 2, 2010 - July 23, 2011

Revised July 27, 2010

CLASS	DESCRIPTION	AGES	DAYS/TIMES	MO. FEES
Mommy-n-Me (Parent-Tot)	With instructor's guidance, parents assist toddlers in this fun-filled class paced with pre-gymnastics activities and basic movement that develop motor skills, strength, and early socialization.	Walking to Age 3 Boys & Girls	Tuesday 9:00-9:45am Thursday 9:30-10:15am	\$55 (45 min. class)
Explorers Club	Preschoolers have fun in a structured group learning basic gymnastics skills that build self-confidence, increase coordination and body awareness through the utilization of gym equipment and stimulating obstacle courses. Advancement may lead to SuperTots invite—placement is determined by coaches with focus on increasing agility, balance and more advanced floor skills.	3-4 years Boys & Girls	MON 4:00pm, 5:00pm TUES 10:00am, 3:40pm, 4:30pm WED 11:00am, 3:00pm, 4:00pm, 5:00pm THUR 1:00pm, 3:40pm, 4:30pm, 5:30pm FRI 3:40pm SAT 9:00am	\$60 (50 min. class)
Girls Gymnastics	After initial evaluation, girls are placed into groups according to skill, ability and age. As skills are introduced and mastered, safe and challenging progressions follow with increased exposure to the gymnastics apparatus (vault, bars, beam, floor). Girls that complete criteria according to skill assessment charts will advance through three recreational skill levels with convenience of retaining the class day and time of your choice.	5-8 years & 9+ years	MON 4:00pm, 5:00pm, 6:00pm TUES 3:30pm, 4:30pm, 5:30pm WED 3:00pm, 4:00pm, 5:00pm, 6:00pm THUR 3:30pm, 4:30pm, 5:30pm, 6:30pm FRI 3:30pm, 4:30pm SAT 10:00am (Beg./ 5-8 yrs.)	\$71 (1 hr. class) \$115 (2 classes) \$161 (3 classes) \$60 (Saturday class)
Girls Advanced Placement	By coaches invitation only; girls will utilize prior progressions to continue developing advanced gymnastics skills in all events, while increasing strength, flexibility, proper form and technique.	6+ years	Tuesday 6:00-7:30pm Thursday 6:00-7:30pm	\$89 (1.5 hr. class) \$161 (3 hrs/2 classes)
Boys Gymnastics	Structured boys classes incorporate all men's gymnastics events and equipment progressively (i.e.: pommel, p-bars, rings, vault, floor, etc.) Skill assessment charts are utilized to ensure gymnastics success from introductory to intermediate skills. Mastery of skills criteria may lead to invite into boys developmental pre-team program for more advanced gymnastics skills.	4-6 years 7+ years	MON 3:30pm TUES 5:00pm WED 4:30pm THUR 5:00pm FRI 4:00pm ----- MON 4:30pm TUES 4:00pm WED 3:30pm, 5:30pm THUR 4:00pm, 6:00pm	\$71 (1 hr. class) \$115 (2 classes) \$161 (3 classes)
Strength & Conditioning	Targeted for athletes in any/all sports; builds core body strength and enhances muscular endurance.	Boys & Girls	Thursday 7:00-8:30pm	\$89 (1.5 hr. class)
Trampoline & Tumbling Cheer	Class focus is on developing proper tumbling techniques in Beginner, Intermediate, and Advanced tumbling skill levels on the gym floor, tumble-track, and trampoline. <u>Cheer classes will focus on jumps and advanced cheer tumbling.</u> <i>Participants enrolling in Advanced Tumbling and/or Cheer classes must have a round-off back-spring and a standing back-hand spring.</i>	6+ years Boys & Girls	MON 3:30pm (B), 4:30pm (I), 8:00pm (A) TUES 4:00pm (B), 5:00pm (I), 6:00pm (B), 7:00pm Cheer, 8:00pm (A) WED 3:30pm (B), 4:30pm (I), 5:30pm (B), 6:30pm (I), 7:30pm (A) THUR 4:00pm (I), 5:00pm (B), 6:00pm (I), 7:00pm (A), 8:00pm Cheer FRI 3:30pm (B)	\$71 (1 hr. class) \$115 (2 classes) \$161 (3 classes) \$213 (4 classes)
Homeschool	This fitness program provides a well-rounded experience for homeschoolers. Participants will test in all gymnastics skills and equipment, including conditioning rotations for added fitness.	5+ years Boys & Girls	Tuesday 11:00am-12noon Thursday 12noon-1:00pm	\$63 (1 hr. class)

2010-2011 ACE GYMNASTICS

- ⇒ Session begins August 2, 2010 and ends July 23, 2011.
- ⇒ A **30-day Written Drop-Notice** is required to drop from class. Drop notices must be received BEFORE the 1st of the month prior to the month dropping.
- ⇒ Minimum class size is 3 active students; any less may result in a schedule change. Class Instructors are subject to change.
- ⇒ Recreational make-up classes are offered twice monthly on Fridays from 5:30-6:30pm. You may sign up for make-up classes at the front desk.
- ⇒ Open Gym is held most Fridays from 6:30-8:30pm for \$8/members and \$12/non-members. Open Gym runs from September through May.
- ⇒ Flip-Flop Tumbling Shop is held every Saturday from 11:00am-12:00noon for \$10/class. Non-members are welcome to participate.
- ⇒ Stay-n-Play for toddlers and preschoolers is held every 1st and 3rd Thursday of each month from 10:30am-12:00noon for \$6/child. Non-members are welcome to participate.
- ⇒ Parents Night Out is offered the last Friday of the month from 6:30-11:00pm for \$25/members and \$30/non-members with a half-off sibling discount. PNO runs from October through May.
- ⇒ ACE Gymnastics will be closed on the dates listed below in observance of holidays or special events being held at our facility. If this interferes with your regularly scheduled class, you may sign up for make-up classes as tuition will not be prorated.

2010-2011 Holiday Schedule / Gym Closures

Labor Day	Monday, September 6, 2010
Thanksgiving	Thursday, Nov. 25, 2010 through Saturday, Nov. 27, 2010
Winter Break	Wednesday, Dec. 22, 2010 through Saturday, Jan. 1, 2011 (Last Rec. Class <u>Tues., December 21, 2010.</u> Classes resume <u>Mon., January 3, 2011</u>)
Good Friday/Easter	Friday, April 22, 2011 & Saturday, April 23, 2011
Victory Games	Saturday, May 14, 2011
Memorial Day	Monday, May 30, 2011
Independence Day	Monday, July 4, 2011

There are NO Recreational classes week of July 25th. New session begins August 1, 2011.