

2011-2012 ACE CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mommy-n-Me (Parent-Tot/18mo.to age 3)</b> With instructor's guidance, parents assist toddlers in this fun-filled class paced with pre-gymnastics activities & basic movement that develop motor skills, strength, and early socialization.		10:00-10:45 GW	10:00-10:45 AA			9:00-9:45 ZA
<b>Explorers Club (Boys &amp; Girls/3-4 years)</b> Preschoolers have fun in a structured group learning basic gymnastics skills that build self-confidence, increase coordination & body awareness through the utilization of gym equipment & stimulating obstacle courses. <i>Advancement may lead to SuperTots* placement as determined by coaches with focus on increasing agility, balance and more advanced floor skills.</i>	4:00-4:50 RO 5:00-5:50 RO 6:00-6:50 RO <i>*SuperTots-By invite</i> 4:00-5:00 LB	10:00-10:50 AA 1:30-2:20 MH 3:40-4:30 RO 4:30-5:20 RO 5:30-6:20 RO	11:00-11:50 AA 3:15-4:05 LB 4:00-4:50 AA 5:15-6:05 LB <i>*SuperTots-By invite</i> 4:15-5:15 RO, LB	1:00-1:50 GW 3:40-4:30 RO 4:30-5:20 RO 5:30-6:20 RO 6:30-7:20 LB	3:40-4:30 RO <i>*SuperTots-By invite</i> 3:30-4:30 AA 4:30-5:30 RO	9:00-9:50 JH 10:00-10:50 AA
<b>Girls Gymnastics 5+ years</b> Placement in recreational levels are based on skill, ability, age & experience. As skills are introduced and mastered, safe & challenging progressions follow with increased exposure to the gymnastics apparatus (vault, bars, beam, floor). Girls that complete criteria according to skill assessment charts advance through three recreational skill levels; Purple=Beg., Teal=Int., Lime Green=Adv. Additionally; <i>Advanced Placement for Girls 7+*, as determined by coaches, will utilize prior progressions to continue developing advanced gymnastics skills in all events, while increasing strength, flexibility, proper form &amp; technique. (90. min class)</i>	4:00-5:00 (B) MH 4:00-5:00 (B/I) AA 5:00-6:00 (B) LB 5:00-6:00 (B/I) MH 5:00-6:00 (A) AA 6:00-7:00 (B/I) MH	3:30-4:30 (B/I) AA 4:00-5:00 (B) MH 4:00-5:00 (B/I) LB 4:30-5:30 (A) AA 5:00-6:00 (B) LB 5:00-6:00 (B/I) MH 5:30-6:30 (I/A) AA 6:00-7:00 (B/I) LB <i>*Adv. Placement-Invite</i> 5:30-7:00 JW	3:00-4:00 (B/I) JH 3:00-4:00 (B/I) AA 4:00-5:00 (B) ZA 4:00-5:00 (I) MH 5:00-6:00 (B) MH 5:00-6:00 (B/I) ZA 6:00-7:00 (B/I) MH 6:00-7:00 (A) AA	3:30-4:30 (B) LB 4:00-5:00 (B/I) AA 4:00-5:00 (B) MH 4:30-5:30 (I) LB 5:00-6:00 (B/I) MH 5:00-6:00 (A) AA 5:30-6:30 (B) LB 6:00-7:00 (B/I) MH 6:30-7:30 (I/A) AA <i>*Adv. Placement-Invite</i> 5:30-7:00 JW	3:30-4:30 (B) JH 4:00-5:00 (B/I) ZA 4:00-5:00 (B/I) LB 4:30-5:30 (I/A) AA	9:00-10:00 (B/I) AA 10:00-11:00 (B) JH 11:00-12:00 (A) AA
<b>Shaolin Kidz Martial Arts (Boys &amp; Girls/5+years)</b> Coordination, concentration & self-control for physical & mental strength taught in a fun & exciting way!	5:00-6:00 JD				4:00-5:00 JD	
<b>Boys Gymnastics 4-6 years &amp; 7+ years</b> Structured boys classes incorporate all men's gymnastics events & equipment progressively (pommel, P-bars, rings, vault, floor, etc.) Skill assessment charts are utilized to ensure gymnastics success from introductory to intermediate skills. <i>Mastery of skills criteria may lead to invite into developmental Boys Pre-team* program for advanced gymnastics.</i>	4:00-5:00 (4-6) ZA 5:00-6:00 (7+) ZA 6:00-7:00 (4-6) AA <i>*Pre-Team-By invite</i> 3:30-5:00 GW	4:00-5:00 (7+) GW 5:00-6:00 (4-6) HT 6:30-7:30 (7+) AA	3:00-4:00 (7+) GW 4:00-5:00 (4-6) GW 5:00-6:00 (7+) HT <i>*Pre-Team-By invite</i> 3:30-5:00 HT	4:00-5:00 (4-6) GW 5:00-6:00 (7+) HT 6:00-7:00 (4-6) ZA	4:00-5:00 (5+) GW	10:00-11:00 (5+) ZA
<b>Trampoline &amp; Tumbling (Boys &amp; Girls/6+ years)</b> Class focus is on developing proper tumbling techniques in Beg., Int., & Adv. tumbling skill levels on the gym floor, tumble-track, & trampoline. <i>Participants enrolling in Advanced Tumbling or Cheer Tumbling classes must have a round-off back-spring and standing back-hand spring.</i>	4:00-5:00 (B/I) JH 5:00-6:00 (I/A) JH 6:00-7:00 (B/I) JH 7:00-8:00 (CHEER) JH	4:00-5:00 (B) JH 5:00-6:00 (I) JH 6:00-7:00 (B/I) JH 7:00-8:00 (CHEER) JH	4:00-5:00 (B) JH 5:00-6:00 (I/A) JH 6:00-7:00 (B/I) JH 7:00-8:00 (A) JH	4:00-5:00 (B) JH 5:00-6:00 (I) JH 6:00-7:00 (I/A) JH 7:00-8:00 (A) JH		
<b>Homeschool (August-May)</b> This fitness program provides a well-rounded experience for homeschoolers. Participants will test in all gymnastics skills & equipment, including conditioning rotations for added fitness.		11:00-12:00 GW		12:00-1:00 GW		
<b>PLEASE NOTE:</b> Minimum class size is 3 active students; any less may result in a schedule change. Assigned instructors are subject to change. AA—Austin, GW—Greg, HT—Hunter, JD—Jennifer, JH—Jason, LB—Lenee, MH—Molly, RO—Robin, ZA—Zander						

**2011-12  
Schedule**

# ACE GYMNASTICS



400 Gold Medal Ct., Longwood, FL 32750

www.acegymnastics.net

*"Where All Children Excel"*

407-831-2582

Fall Schedule—August 17, 2011

**August 8, 2011 - July 28, 2012**

- ⇒ Session begins August 8, 2011 and ends July 28, 2012. Annual membership fee is \$50 per child and \$75 per family and is prorated on a quarterly basis.
- ⇒ Recreational classes are billed monthly as follows:  
45 min.= \$55.00 / 50 min.= \$60.00 / 1 hr.= \$71.00 / 1.5 hrs.= \$89.00  
*See front desk for multiple class discounts.*
- ⇒ 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.
- ⇒ Performance Week is every 5th week for Gymnastics classes and every 9th week for Explorers Club classes. Gymnasts' skill charts are located near gym entry door. See Recreational Director for schedule or questions concerning evaluation criteria.
- ⇒ 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. Please call gym for dates offered.
- ⇒ 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.

## **2011-2012 Holiday Schedule / Gym Closures**

Labor Day	Monday, September 5, 2011
Thanksgiving	Thursday, Nov. 24, 2011 through Saturday, Nov. 26, 2011
Winter Break	Thursday, Dec. 22, 2011 through Saturday, Dec. 31, 2011 ( <i>Last Rec. Class <b><u>Wed., December 21, 2011.</u></b> Classes resume <b><u>Mon., January 2, 2012</u></b>)</i>
Good Friday/Easter	Friday, April 6, 2012 & Saturday, April 7, 2012
ACE StarFest	Saturday, May 19, 2012
Memorial Day	Monday, May 28, 2012
Independence Day	Wednesday, July 4, 2012

***There are NO Recreational classes week of July 30th, 2012. New session begins August 6, 2012.***