

YOUTH SPORTS *GYMNASTICS *JUMP ROPE * TUMBLING

14023 Noblewood Plaza Drive

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Woodbridge, VA 22193

Phone: 703/590-8400

SESSION 1 : SEPTEMBER 17-OCTOBER 20

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|----------|----------|-----------|----------|----------|----------|
| 1 | 9/17/18 | 9/18/18 | 9/19/18 | 9/20/18 | 9/21/18 | 9/22/18 |
| 2 | 9/24/18 | 9/25/18 | 9/26/18 | 9/27/18 | 9/28/18 | 9/29/18 |
| 3 | 10/01/18 | 10/02/18 | 10/03/18 | 10/04/18 | 10/05/18 | 10/06/18 |
| 4 | 10/08/18 | 10/09/18 | 10/10/18 | 10/11/18 | 10/12/18 | 10/13/18 |
| 5 | 10/15/18 | 10/16/18 | 10/17/18 | 10/18/18 | 10/19/18 | 10/20/18 |

Sessions are 5 weeks for all programs. Sessions are consecutive.

Youth Sports offers a FREE TRIAL class to all first time participants!

We also proudly offer make-up classes! Please call the office to schedule any make up class. Missed classes will not be pro-rated. Walk-ins will not be permitted. All make ups should be used within the same session or the first half of the consecutive session. Make ups will not be honored after that point.

Please take advantage of our 10% sibling and military discounts! (ACTIVE DUTY military ID is required) Discounts do not apply to classes that are already discounted.

Closings for inclement weather will be announced on our answering machine. We do not follow the public school closings.

Parents may view class from the spectator area only. Please refrain from giving directions or corrections to class participants.

*Annual Registration Fee of **\$55.00** per student is required. Registration period is good through September 2019.*

Payments are due on WEEK #5 for the upcoming session. Payments received after that will be assessed a \$10.00 late penalty. Your child is not considered registered unless payment is made.

A Sign up Sheet must be filled out for each session. Thank you.

RETURN CHECK FEE: \$35.00



PARENT-TOT class is best described as “Quality family time”. This class is designed for walking tots through the age of 3. With the guidance of our qualified instructors, parents will assist their little ones through obstacle courses that include tumbling, climbing, movement, balancing, trampoline, bars and more. Other activities will include parachute play, hoola hoops, bean bags and more!

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------------------------|
| \$85.00 / 1 x wk Per 5 wk | | | | | | 9:30-10:15 901-111 Meredith |

PRE-SCHOOL GYMNASTICS classes are designed for children between the ages of 3-5. Our program focuses on gross motor skills and basic gymnastics concepts in a safe and fun atmosphere. Children will participate in obstacle courses that include tumbling, bars, beam, trampoline, climbing and more. The pre-schoolers will build confidence and co-ordination while learning basic life skills such as waiting their turn, getting along with others and following instructions. Due to safety issues, age requirements are strictly enforced. We also ask that parents refrain from giving instructions and directions to their child, as it becomes a distraction to the class. Thank you.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------------------|---------------------------------|--|-----------------|--------------------------------|--|
| \$95.00 / 1 x wk \$150.00 / 2 x Per 5 wk session | 6:00-7:00 902-113 Meredith | 10:00-11:00 902-124 Mindy | 5:30-6:30 902-112 Meredith 6:30-7:30 902-174 Meredith | | 5:30-6:30 902-190 Amanda | 10:30-11:30 902-115 Meredith 11:30-12:30 902-140 Meredith |

HOMESCHOOL GYMNASTICS is an introductory level class. Focus will be on physical activity and fun! Ages are for 3 and up. Please see front desk for group rates and registration information.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---------------|----------------|------------------|-----------------------|---------------|-----------------|
| See front desk | CLOSED | CLOSED | CLOSED | 2:00-3:00 HSCLOSED | CLOSED | CLOSED |

BEGINNER GIRLS GYMNASTICS is an introduction to gymnastics for girls ages 5-9. Girls will learn basic skills on floor exercise, bars, vault, beam and trampoline. All skills are taught by instructors using our safe, progressive program. Beginners meet once or twice a week for one hour. All participants should receive an evaluation form every 10 weeks.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------|---------------------------------------|-------------------------------|-------------------------------|---------------------------------------|---------------------------------|
| \$95.00 / 1 x \$150.00 / 2 x Per 5 wk session | 5:00-6:00 903-107 Nick | 4:30-5:30 903-144 CLOSED | 4:30-5:30 903-199 Nick | 4:30-5:30 903-114 Nick | 4:30-5:30 903-108 CLOSED | 9:30-10:30 903-122 Emily |
| | 6:00-7:00 903-154 Gabi | 5:30-6:30 903-172 Nick | 6:30-7:30 903-117 Emily | 5:30-6:30 903-157 Emily | 5:30-6:30 903-129 Nick | 10:30-11:30 903-120 Emily |
| | 7:00-8:00 903-106 Gabi | | 7:30-8:30 903-101 Emily | 6:30-7:30 903-110 Emily | | 11:30-12:30 903-123 Emily |

BEGINNER GIRLS GYMNASTICS Ages 10 & up. The class structure is the same as listed in the above beginner girls program.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|------------------------------|------------------|-----------------|--------------------------------|--------------------------------|
| \$95.00 / 1 x wk \$150.00 / 2 x Per 5 wk session | | 6:30-7:30 903-184 Nick | | | 7:30-8:30 903-176 Amanda | 10:30-11:30 903-151 Gabi |

INTERMEDIATE GIRLS GYMNASTICS is designed for those children who have progressed past the introductory stage. Gymnasts will work on improving skills learned at the Beginner level while learning new, more challenging skills. Focus will be on strength, flexibility, floor exercise, bars, beam, vault and trampoline. Class is 2 hours long.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------|----------------------------------|------------------------------|----------------------------------|----------------------------------|--|
| \$145.00 / 1 x \$235.00/2X WK Per 5 wk session | 6:30-8:30 904-141 Nick | 6:30-8:30 904-171 Meredith | 6:00-8:00 904-109 Nick | 6:30-8:30 904-167 Meredith | 6:30-8:30 904-134 Meredith | 9:30-11:30 904-126 Amanda & Nick |

ADVANCED GIRLS GYMNASTICS will perfect Intermediate skills while safely progressing on to a more difficult level of gymnastics. Workouts will focus on all women's events while including flexibility and conditioning to strengthen the girls for more physically challenging skills. Advanced Girls meet 2 times per week for 1 ½ hours each class.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------------|----------------|--------------------|--------------------------|-----------------------|----------------------|
| \$175.00 / 2 x Per 5 wk session | 5:30-7:00 Amanda | | 5:00-6:30 Emily | 5:30-7:00 Nick & Gabi | 5:15-6:45 Meredith | 11:30-1:00 Amanda |
| | 7:00-8:30 Amanda & Meredith | | | | | |

Mon.-Mon. **905-116** / Mon. 5:30-Thurs. **905-125** / Mon. 7:00-Thurs. **905-188** / Mon. 5:30-Sat. **905-145** / Mon.7:00-Sat. **905-181** / Thurs.-Sat. **905-173** / Mon. 5:30-Fri. **905-102** / Mon. 7:00- Fri. **905-118** / Thurs.-Fri. **905-127** / Fri.-Sat. **905-131** / Mon.5:30-Wed. **905-191** / Mon.7:00-Wed. **905-192** / Thu.-Wed. **905-193** / Wed.-Frid.**905-194** / Wed.-Sat. **905-195**

BEGINNER BOYS GYMNASTICS is an introduction to gymnastics for boys. Boys will learn basic skills on high bar, rings, pommel horse, parallel bars, floor exercise, vault and trampoline. All skills are taught by instructors using our safe, progressive program. Beginners meet once or twice a week for one hour. All participants should receive an evaluation every 10 weeks.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------|----------------|------------------|--------------------------------|--------------------------------|--------------------------------|
| \$95.00 / 1 x wk \$150.00 / 2 x wk Per 5 wk session | | | | 6:30-7:30 906-133 Austin | 6:30-7:30 906-132 Austin | 10:30-11:30 906-135 Jack |


INTERMEDIATE BOYS GYMNASTICS for all ages will review and improve beginner level skills on all men's apparatuses. Strength and flexibility are developed to safely prepare the boys for progressively harder skills. The boys meet twice a week for one hour. Athletes should receive an evaluation every 10 weeks.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------|----------------|------------------|---------------------|---------------------|---------------------|
| \$145.00 / 2 x wk Per 5 wk session | | | | 7:30-8:30 Austin | 7:30-8:30 Austin | 11:30-12:30 Jack |

Intermediate Boys **Thur & Fri 907-146** / Intermediate Boys **Thur & Sat 907-147** / Intermediate Boys **Fri & Sat 907-162**

ADVANCED BOYS GYMNASTICS will perfect Intermediate skills while safely progressing on to a more difficult level of gymnastics. Workouts will focus on all men's events while including flexibility and conditioning to strengthen the boys for more physically challenging skills. Advanced Boys meet 2 times per week for 1 ½ hours each class.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------|------------------------------|------------------|-----------------|---------------|---------------------------------|
| \$175.00 / 2 x wk Per 5 wk session | | 5:30-7:00 908-166 Jack | | | | 9:30-11:00 908-166 Helena |

 **JUMP ROPE PROGRAM** is an introduction to a highly advanced form of competitive jump rope. Students learn basic jump rope skills, routines and trampoline safety while developing coordination, balance and timing. Intermediate level athletes will add a tumbling class to their curriculum. This program is excellent for building self-confidence. Classes take place on the multi-purpose floor, ACRO-springboard and trampolines. A jump rope is furnished during class time.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------------------|----------------|-----------------------|-----------------|---------------|-----------------|
| BEGINNERS \$95.00 / 1 x wk \$150.00 / 2 x wk Per 5 wk session | 6:00-7:00 501-159 | | 6:00-7:00 501-160 | | | |
| INTERMEDIATE \$175.00 / 2 x wk Per 5 wk session Staff Enter jump rope class and tumbling class numbers | See Tumbling Program. | | See Tumbling Program. | | | |

BEGINNER TUMBLING is designed for athletes who have little or no tumbling experience. Coaches will focus on basic tumbling, strength and conditioning. Skill focus will be on the rolls, handstands, cartwheels, round-off and breakdown of the back handspring.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------|------------------------------|------------------|-----------------|---------------------------------------|-----------------|
| \$95.00 / 1 x wk \$150.00 / 2 x wk Per 5 wk session | TIME CHANGE | 7:30-8:30 401-164 Nick | | | 6:30-7:30 401-155 Amanda & Nick | |

INTERMEDIATE TUMBLING class is for athletes who have progressed beyond the introductory stages. Students will work on improving skills learned at the beginner level and much focus will be placed on the proficiency of the back handspring.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------------------|---------------|-------------------------------|
| \$110.00 / 1 x wk \$190.00 / 2 x wk Per 5 wk session | | | | 7:00-8:30 403-149 Nick | | 11:30-1:00 403-175 Nick |

ADVANCED TUMBLING class is for athletes who have acquired a back handspring. Students will work on improving skills learned at the Intermediate level while learning new, more challenging skills. Skills focused on at this level are: Standing back handspring, standing back tuck, round-off back tuck and layouts. All instructors are experienced with spotting techniques. Age is not a factor at this level.

| Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|-----------------|------------------------------|-----------------|
| \$110.00 / 1 x wk \$190.00 / 2 x wk Per 5 wk session | | | | | 7:30-9:00 404-178 Nick | |

TEACHING STAFF IS SUBJECT TO CHANGE.

**NOW REGISTERING FOR
 HALLOWEEN SLEEPOVER!
 RESERVE YOUR SPOT NOW**