

YOUTH SPORTS *GYMNASTICS *JUMP ROPE * TUMBLING

14023 Noblewood Plaza Drive
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Phone: 703/590-8400

SESSION 5: FEBRUARY 4 – MARCH 9

WEEK	TUITION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	DUE for session 5	2/04/19	2/05/19	2/06/19	2/07/19	2/08/19	2/09/19
2	LATE for session 5	2/11/19	2/12/19	2/13/19	2/14/19	2/15/19	2/16/19
3	LATE for session 5	2/18/19	2/19/19	2/20/19	2/21/19	2/22/19	2/23/19
4	DUE for session 6	2/25/19	2/26/19	2/27/19	2/28/19	3/01/19	3/02/19
5	DUE for session 6	3/04/19	3/05/19	3/06/19	3/07/19	3/08/19	3/09/19

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 session						9:30-10:15 901-511 Rachel

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	6:00-7:00 902-513 Jaelyn	10:00-11:00 902-524 Mindy	5:30-6:30 902-512 Rachel & Jaelyn 6:30-7:30 902-574 Rachel & Jaelyn	5:30-6:30 902-5 Angelina 6:30-7:30 902-5 Angelina	5:30-6:30 902-590 Amanda	10:30-11:30 902-515 Rachel 11:30-12:30 902-540 Rachel

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	Open			2:00-3:00 HS5		

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	5:00-6:00 903-507 Nick	4:30-5:30 903-544 OPEN	4:30-5:30 903-599 Nick	4:30-5:30 903-514 Nick	4:30-5:30 903-508 Elizabeth	9:30-10:30 903-522 Gabi
	6:00-7:00 903-554 Gabi	5:30-6:30 903-572 Nick	6:30-7:30 903-517 Emily	5:30-6:30 903-557 Emily	5:30-6:30 903-529 Nick	10:30-11:30 903-520 Jennifer
	7:00-8:00 903-506 Gabi		7:30-8:30 903-501 Emily	6:30-7:30 903-510 Emily		11:30-12:30 903-523 Gabi

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		6:30-7:30 903-584 Nick			7:30-8:30 903-576 Amanda	10:30-11:30 903-551 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	6:30-8:30 904-541 Nick	6:30-8:30 904-571 Breana	6:00-8:00 904-509 Nick	6:30-8:30 904-567 Breana	6:30-8:30 904-534 Elizabeth	9:30-11:30 904-526 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 & Elizabeth		5:00-6:30 Emily	5:30-7:00 Nick & Gabi	5:15-6:45 Elizabeth	11:30-1:00 Amanda Elizabeth
	7:00-8:30 Amanda & Elizabeth					

Mon.-Mon. **905-516** / Mon. 5:30-Thurs. **905-525** / Mon. 7:00-Thurs. **905-588** / Mon. 5:30-Sat. **905-545** / Mon.7:00-Sat. **905-581** / Thurs.-Sat. **905-573** / Mon. 5:30-Fri. **905-502** / Mon. 7:00- Fri. **905-518** / Thurs.-Fri. **905-527** / Fri.-Sat. **905-531** / Mon.5:30-Wed. **905-591** / Mon.7:00-Wed. **905-592** / Thu.-Wed. **905-593** / Wed.-Frid.**905-594** / Wed.-Sat. **905-595**

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				6:30-7:30 906-533 Aaron	6:30-7:30 906-532 Aaron	10:30-11:30 906-535 Aaron


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 Jack	7:30-8:30 Jack	11:30-12:30 Jack

Intermediate Boys **Thur & Fri 907-546** / Intermediate Boys **Thur & Sat 907-547** / Intermediate Boys **Fri & Sat 907-562**

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		5:30-7:00 908-566 Nicholas				9:30-11:00 908-566 Nicholas

 **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	6:00-7:00 501-559 Natalee		6:00-7:00 501-560 Natalee			
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	7:30-8:30 401-564 Nick			6:30-7:30 401-555 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				7:00-8:30 403-549 Nick		11:30-1:00 403-575 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					7:30-9:00 404-578 Nick	

TEACHING STAFF IS SUBJECT TO CHANGE.