

# SADDLE ROCK SCHOOL OF GYMNASTICS

## PROGRAM GUIDE 2020-2021



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### Session Calendar

■ -Tuition Due    ■ -Gym Closed

#### Session 1 Aug 31—Sept 26

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26

-Gym closed for Labor Day Sept 7

#### Session 2 Sept 28—Oct 24

MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

#### Session 3 Oct 26—Nov 21

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21

#### Session 4 Nov 23—Dec 19

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
30	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19

-Gym closed for Thanksgiving Nov 26—Nov 27  
-Gym closed for winter break Dec 21—Jan 3

#### Session 5 Jan 4—Jan 30

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

#### Session 6 Feb 1—Feb 27

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27

#### Session 7 Mar 1—Mar 27

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27

-gym closed for Spring Break March 29—April 4

#### Session 8 April 5—May 1

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	1

#### Session 9 May 3—May 29

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29

#### Session 10 May 31—June 26

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26

-Gym closed for Memorial Day May 31

-Gym closed for Summer Break June 28—July 4

#### Session 11 July 5—July 31

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

#### Session 12 Aug 2—Aug 28

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28

# Why Gymnastics?

A quality gymnastics sports program for children can play a tremendous part in a child's development toward a healthy and active adulthood. Gymnastics provides a variety of movement which develops muscular coordination. A positive experience in sports, such as Gymnastics, is an excellent method for building confidence, strength, coordination, flexibility, and a positive self image. We believe positive yet disciplined activities can become a lifestyle.

## Our Gymnastics Facility and Staff

Our state of the art gymnastics facility contains more than 6,500 square feet of training areas dedicated to boys and girls gymnastics. Completely equipped with approved USA Gymnastics apparatus and training equipment for the preschooler through advanced gymnast. We have all the latest training aids for the development of gymnastics including an in-ground trampoline, foam pit and tumble-trampoline. At Saddle Rock School of Gymnastics our coaching staff must meet our highest expectations, including a background check, previous experience working with children, and experience in gymnastics both as a coach and participant. All of our coaches strive to teach, guide, and develop your child into a better gymnast and person.

## Annual Registration fee per student \$30

Due at the time of registration. Fee covers each student and allows them registration to all special events held at Saddle Rock School of Gymnastics.

## Birthday Parties

Saddle Rock School of Gymnastics birthday parties are FUN-TASTIC! Designed around your child ages 3 & Up.

\$185 -Up to 10 kids including birthday child. \*\*Each additional child is \$8.00 up to 15 kids

\$260- Includes 16 to 20 kids.

Saturday 1pm, 3pm, or 5pm  
Sunday 1pm, 3pm, or 5pm

Gymnastics parties include:

•Great party invitations

•Party Coordinator

•1 Hour in Gym

•1/2 Hour in Party Room

•"Shark Attack" our famous

inflatable slide and obstacle course

•Traverse Rock Climbing Wall

•Games

•Help with serving, gifts, and clean up.

## Private lessons

Lessons are designed for students who may want or need extra help in achieving a specific skill or a variety of skills.

Single 30 minute session \$38

Semi 30 minute session \$46

Single 45 minute session \$47

Semi 45 minute session \$56

Single 1 hour session \$60

Semi 1 hour session \$70

We also offer sessions for private groups, field trips, students off track, home school, and day care programs: Please stop by the gym or call the office for more information.

## Open Gym

\$10.00 per child (ages 6 and up)

EVERY Friday from 6:30-7:30 pm



## Preschool Gymnastics

\*All Sessions are 4 weeks

Roli Poli's (18 months-3years) \$66 /Session

A class designed for boys and girls where both child and parent participate. Activities include: jumping, climbing, running, hanging, and rolling.

Monday 9:00-9:45am

Thursday 9:00-9:45am

Saturday 8:00-8:45am

**Munchkins (3-4 years) \$68/Session**

Boys and Girls participate without the assistance of the parent. Class focus is on developing good body positions on apparatus.

Monday 10:00-10:45am

Tuesday 9:00-9:45am or 10:45-11:30am

Wednesday 1:30-2:15pm

Thursday 10:00-10:45am

Saturday 8:45-9:30am or 9:00-9:45am

**Mat Kats (5 years) \$80/Session**

Boys and Girls are increasing their physical abilities in gymnastics. Different body positions including strength and flexibility are introduced on all apparatus, including trampoline.

Monday 4:30-5:30pm

Tuesday 4:00-5:00pm

Thursday 4:00-5:00pm

Saturday 9:45-1:45am

**Rising Stars (3-4 years-Coach Selected)**

**\$80/Session**

A fast track class for students who have demonstrated the basic gymnastics body positions and skills at an accelerated pace.

Tuesday 9:45-10:30am Wednesday 1:30-2:15pm

**Shooting Stars (5 years-Coach Selected)**

**\$87/Session (\$124 Session for both)**

A fast track class for students who have demonstrated the basic gymnastics body positions and skills at an accelerated pace.

Wednesday 4:00-5:00pm

Saturday 9:45-10:45am

## Girls Gymnastics

**Gym Kats (6 years & up)**

1 day a week \$82/Session or 2 days a week \$122/Session

A class once or twice a week designed for beginning girls with little or no gymnastics experience. Students are introduced to basic skills on: vault, uneven bars, balance beam, floor exercise, and trampoline.

Monday-Friday 4:30 - 5:30pm or 5:30 - 6:30pm

Saturday 10:30 - 11:30am or 11:30 - 12:30pm

**Gym Stars (6 years & up-Coach selected)**

1 day a week \$87/Session

2 days a week/\$124 Session

An intermediate class, once or twice a week for girls who have accomplished these skills; cartwheels, round offs, back walkover, front limber, chin up pull over on bars, one cast back hip circle on bars, handstand on vault, and a cartwheel and handstand on the low beam. Includes strength and flexibility conditioning.

Monday 4:45 - 5:45pm

Tuesday 5:00 - 6:00pm or 6:00 - 7:00pm

Wednesday 5:15 - 6:15pm

Thursday 5:00 - 6:00pm or 6:00 - 7:00pm

Friday 4:45 - 5:45pm

Saturday 11:00am - 12:00pm

## Girls Gymnastics Continued

**Little Divas (7 years & up-Coach Selected) \$130/Session**

**(2 days/week) \$100/Session (1 day/week)**

An advanced class for girls that meets twice a week. Girls in this class have accomplished these skills; cartwheels (both sides), round offs, back walkover, back handspring, round off back hand spring, front hand spring, cartwheel on high beam and back walkover on low beam, chin up pull over on bars, tap swings, a long hang pull over, and a front hand spring on vault. Includes strength and flexibility conditioning.

Monday & Wednesday 5:00 - 6:30pm

Saturday 11:00am - 12:30pm

**Hot Shots**

An advanced class for girls that meets twice a week. Students must have these accomplished skills; round off with multiple back hand springs, front hand spring, front tuck, back tuck, back walk over on high beam, glide kip on bars, front hand spring on vault, and a half on, on vault. Includes strength and flexibility conditioning.

**Hot Shots I (7 years & Up-Coach Selected) \$137/Session**

Tuesday & Thursday 5:00 - 6:30pm

**Hot Shots II (7 years & Up-Coach Selected) \$165/Session**

Tuesday & Thursday 5:00 - 6:30pm and Friday 5:00 - 6:00pm

## Boys Gymnastics

**Tumbling Tigers (6 years & up)**

1 day a week \$82/Session

A class once a week designed for beginning boys with little or no gymnastics experience. Students are introduced to basic skills on; pommel horse, still rings, vault, parallel bars, high bar, trampoline and spring floor.

Thursday 4:30 - 5:30pm

Friday 5:30 - 6:30pm

Saturday 10:30 - 11:30am or 11:30 - 12:30pm

**Little Dudes (7 years & up-Coach Selected)**

**1 day a week \$87/Session**

An advanced boys class once a week for boys that have these accomplished skills; cartwheels, round off, back hand spring, pull over on bars, tap swings on bars, and a hand stand on vault table.

Friday 4:30 - 5:30pm

## Tumbling

**Bounders (7 years & up)**

1 day a week \$82/Session

2 days a week \$122/Session \*Advanced

A tumbling class using spring floor, trampoline, and tumble-trampoline. Class concentrates on the following skills; cartwheels, aerials, round offs, back handsprings, tucks, layouts, full twists, and front tumbling. Includes strength and flexibility conditioning.

Tuesday 6:30 - 7:30pm \*Advanced

Friday 5:00 - 6:00pm \*Advanced

Thursday 6:30 - 7:30pm Beginning/Intermediate

**Ninja Kats (6-12years)**

1 day a week \$82/session

A class designed to build upper and lower body strength, coordination, and self-confidence. The Ninja class will focus on gymnastics/tumbling skills and obstacle course training.

Monday 5:45pm - 6:45pm (6 yrs-12 yrs)

## Contact Us

**5940 S. Gun Club Road  
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