

SADDLE ROCK SCHOOL OF GYMNASTICS



PROGRAM GUIDE 2023 - 2024



**5940 S. Gun Club Road
Aurora, CO 80016
Phone: 303-680-1710
Fax: 303-680-7494**

www.saddlerockgym.com

info@saddlerockgym.com



Session Calendar

All Sessions are 4 weeks

Tuition Due

Gym Closed

Session 1 Sept 4 – Sept 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

-Gym closed for Labor Day 4

Session 2 Oct 2 – Nov 4

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9	10	11	12	13	14
23	24	25	26	27	28
30	31	1	2	3	4

-Gym closed for Fall Break Oct. 16 – 21

Session 3 Nov 6 – Dec 2

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	1	2

-Gym closed for Thanksgiving Nov 22 – Nov 24

Session 4 Dec 4 – Jan 13

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
8	9	10	11	12	13

-Gym closed for winter break Dec 25 – Jan 6

Session 5 Jan 15 – Feb 10

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31	1	2	3
5	6	7	8	9	10

Session 6 Feb 12 – March 9

MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	1	2
4	5	6	7	8	9

Session 7 March 11 – April 13

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
25	26	27	28	29	30
1	2	3	4	5	6
8	9	10	11	12	13

-Gym closed for Spring Break March 18 – March 23

Session 8 April 15 – May 11

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
22	23	24	25	26	27
29	30	1	2	3	4
6	7	8	9	10	11

Session 9 May 13 – June 8

MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	31	1
3	4	5	6	7	8

-Gym closed for Memorial Day May 27

Session 10 June 10 – July 13

MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29
8	9	10	11	12	13

-Gym closed for Summer Break July 1 – July 6

Session 11 July 15 – Aug 10

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31	1	2	3
5	6	7	8	9	10

Session 12 Aug 12 – Sept 7

MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31
2	3	4	5	6	7

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.

Registration Fee

A \$30 registration fee is due at the time of registration. Fee is charged per student and is non-refundable. Fee is valid for 1 year and is due each year thereafter.

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 3pm, or 5pm
Sunday 3pm, or 5pm

Gymnastics parties include:

- Great party invitations
- Party Coordinator
- 1 Hour in Gym
- 1/2 Hour In Party Room
- Shark Attack Slide
- 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 \$40

Semi 30 minute session \$48

Single 45 minute session \$49

Semi 45 minute session \$58

Single 1 hour session \$62

Semi 1 hour session \$72

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.



Preschool Gymnastics

All Sessions are 4 weeks

Roli Poli's (18 months-3 years) \$69/Session

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

Monday 9:00-9:45 am
Thursday 9:00-9:45 am
Friday 9:00-9:45 am
Saturday 8:00-8:45 am

Munchkins (3-4 years) \$72/Session

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

Monday 10:00-10:45 am
Tuesday 9:00-9:45 am or 10:45-11:30 am
Wednesday 1:30-2:15 pm
Thursday 10:00-10:45 am
Friday 10:00-10:45 am
Saturday 8:45-9:30 am or 9:00-9:45 am

Rising Stars (3-4 years-Coach Selected)

\$85/Session

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

Tuesday 9:45-10:45 am Wednesday 12:30-1:30 pm

Mat Kats (5 years) \$85/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 4:30-5:30 pm
Tuesday 4:00-5:00 pm
Wednesday 5:30-6:30 pm
Thursday 4:00-5:00 pm

Saturday 9:45-10:45

Shooting Stars (5 years-Coach Selected)

\$90/Session (\$132 Session for both)

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

Wednesday 4:00-5:00 pm or Saturday 9:45-10:45 am

Boys Gymnastics

Tumbling Tigers (6 years & up)

1 day a week \$88/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 4:30-5:30 pm
Friday 5:30-6:30 pm
Saturday 11:30-12:30 pm

Little Dudes (7 years & up-Coach Selected)

1 day a week \$90/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 4:30-5:30 pm

Ninja Kats(6-12years)

1 day a week \$88/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 5:45 -6:45 pm

Girls Gymnastics

Gym Kats (6 years & up)

1 day a week \$88/Session or 2 days a week \$131/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 4:30-5:30 pm or 5:30-6:30 pm
Saturday 10:30-11:30 am or 11:30-12:30 pm

Super Stars (6 years & up-Coach selected)

1 day a week \$89/Session or 2 days a week \$132/Session

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

Monday 5:45-6:45 pm
Tuesday 5:00-6:00 pm
Thursday 5:00-6:00 pm
Friday 5:30-6:30 pm
Saturday 11:30 am -12:30 pm

Gym Stars (6 years & up-Coach selected)

1 day a week \$90/Session 2 days a week/\$134 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 4:45-5:45 pm
Tuesday 5:00-6:00 pm or 6:00-7:00 pm
Wednesday 5:15-6:15 pm
Thursday 4:30-5:30 pm or 5:00-6:00 pm
Friday 4:45-5:45 pm
Saturday 11:00 am-12:00 pm



Little Divas (7 years & up-Coach Selected) \$137/Session

(2 days/week) \$107/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 5:00-6:00 pm Wednesday 5:00-6:30 pm Saturday 11:00 am -12:30 pm

Hot Shots (7 years & up-Coach Selected) \$144/Session

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.

Tuesday & Thursday 5:00-6:30 pm

Tumbling

Bounders (7 years & up)

1 day a week \$88/Session 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 6:30-7:30 pm *Advanced
Thursday 6:30-7:30 pm Beginning/Intermediate
Friday 5:00-6:00 pm *Advanced (Coach Selected)

Contact Us

5940 S. Gun Club Road
Aurora, CO 80016

Call us: (303)680-1710

Fax: us (303)680-7494

Email us: info@saddlerockgym.com
Follow us on Facebook & Instagram

