



Class Schedule 2015-16

Our **specialty** is teaching the CORRECT principals of gymnastics at every level. Our **goal** is to help each participant reach his or her athletic potential.

I CAN DO IT!



Preschool

Studies show that gymnastics related activities accelerate and enhance the skills necessary for preschool and kindergarten aged children. Forward, backward, and lateral movement promote reading and writing readiness. Our activities develop fine motor skills, gross motor skills, flexibility, strength, agility and balance. Social skills such as taking turns, sharing and rotation from one task to another further aid your child/ children in preparation for school.



BILLING POLICY

GRG requires you to have a credit card or debit card on file to make your tuition payment. (ACH also available). Your account will be charged on the 1st each month. No cash or checks are accepted. All classes are considered to have a reoccurring monthly tuition. For more information see our complete policy on our website at GRGymnastics.com or ask our front desk. Thank you.

Classes Offered

PARENT-TOTS (18mo - 3 yr)

45 Min. Class. Cost: \$52/mo
Parents and children will spend fun and quality time together. The child will learn basic gymnastics skills such as climbing, rolling, swinging, jumping and balancing. They will also improve their listening skills and their ability to follow directions. This is a great way to get involved in a playgroup. Parent participation required.



Tuesday 9-9:45am, 6:15-7:00pm **Friday** 9-9:45am
Wednesday 11-11:45am

TUMBLETOTS (2 yr) 45 Min. Class Cost: \$52/mo

Children use mats, parachutes, trampolines and more to discover the world around them, developing fundamental movement and problem solving skills along the way. This class will encourage children to push their limits in a safe and positive environment.

Monday 11-11:45am

TUMBLEBUGS (3 - 4 yr) 45 Min. Class. Cost \$52/mo

These children will experience all the fun of tumbling while learning how to share and take turns. This class is designed to help your younger child develop a sense of physical fitness, coordination and self-esteem. Each child will be challenged

Monday 9-9:45am, 4:30-5:15pm, 6:15-7pm **Friday** 10-10:45am
Tuesday 5:30-6:15pm **Saturday** 9-9:45am
Wednesday 10-10:45am, 4:15-5pm, 5:30-6:15pm
Thursday 11-11:45am, 5:30-6:15pm

DRAGONFLIES (4 - 6 yr) 55 Min. Class. Cost \$69/mo

BOYS ONLY. This class allows "boys to be boys". Boys will have an opportunity to familiarize themselves with boy's gymnastics. They will run, jump, bounce, and tumble among many other things. They will be able to use their creative energy designing exciting obstacle courses and more.

Monday 1-2:00pm **Thursday** 9:00-9:55am
Tuesday 6-7:00pm

KINDERBUGS (5 - 6 yr) 55 Min. Class Cost: \$69/mo

This class teaches basic gymnastic skills, body positions and terminology. This class has greater emphasis on physical challenges that build stronger bodies and sharper minds. Experiencing various gymnastic movements at a young age, the child becomes better prepared and more confident.

Monday 10-10:55am, 5:15-6:10pm
Tuesday 10-10:55am, 4:30-5:25pm, 5:15-6:10pm
Wednesday 9-9:45am, 4:30-5:25pm, 6:15-7:10pm
Thursday 10-10:55am, 6:15-7:10pm
Saturday 9:45-10:45am

GRG the place to **BE...** Don't talk about it **BE** about it!

Recreational

Our grade-school program is based on proper skill development and athletic development. Participants move safely through the program based on ability and skill progression, not by age. Will learn tumbling, balance beam, uneven bars and vault techniques.

CHOOSING THE RIGHT CLASS

Classes are grouped by age until the student is in first grade. At that time the students are placed by skill level. If your student has some gymnastics ability, we will schedule a **FREE Evaluation** to find the appropriate level for your child.

FREE Trial Class Available. Call GRG for more information. Most classes meet once a week. The time ranges from 45 minutes to 2 hours.

GYMSTARS 1 55 Min. Class

Cost: \$69/mo

Monday 4:30-5:25pm, 7-7:55pm
Tuesday 7-7:55pm
Wednesday 5:30-6:25pm
Thursday 4:30-5:25pm, 6:30-7:25pm
Saturday 10:45-11:40am



GYMSTARS 2 1hr 25 Min. Class

Cost: \$88/mo

Monday 5:30-6:55pm
Tuesday 4:30-5:55pm, 7-8:25pm
Saturday 9-10:30am
Wednesday 5:30-6:55pm
Thursday 6:45-8:10pm

GYMSTARS 3 1hr 25 Min. Class

Cost: \$88/mo

Monday 5:30-6:55pm
Tuesday 4:30-5:55pm, 7-8:30pm
Wednesday 6-7:25
Thursday 5:15-6:25pm
Saturday 10:30-11:55am

GYMSTARS 4 1hr 25 Min. Class

Cost: \$88/mo

Monday 5:30-6:55pm
Tuesday 6-7:25pm
Wednesday 6:15-7:40pm
Thursday 4:30-5:55pm

GYMSTARS 5 1hr 55 Min. Class

Cost: \$96/mo

Monday 6:00-7:55pm
Tuesday 4:30-6:25pm
Wednesday 5:00-6:55pm
Saturday 9-10:55pm

GYMSTARS 6 1hr 55 Min. Class (2x/week) Cost: \$153/mo

INVITE ONLY - You must be invited by a GRG Coach to register for this class.

Tuesday 6:30-8:25pm
Thursday 6:30-8:25pm

STARS TEAM 1hr 25 Min. Practice

Cost: \$35/mo

Calling all GymStars... If you are in one of our GymStar classes you are eligible to be part of our Stars Team. Please inquire for more information.

Saturday 11am-12:25pm

TUMBLESTARS 55 Min. Class

Cost: \$69/mo

Cheerleading, Dancers, and Gymnasts. Learn to safely improve your tumbling skills by practicing the proper progressions of round-offs, back handsprings and back tucks.

Tuesday 6:00-6:55pm

Thursday 7:15-8:10pm

Wednesday 7-7:55pm

BOYS 1 55 Min. Class Cost: \$69/mo

Our Boys class will be concentrating on the men's Olympic sports equipment, such as the rings, pommel horse and parallel bars.

Monday 4:30-5:25pm
Thursday 6:15-7:10pm



BOYS 2 1hr 25 Min. Class

Cost: \$88/mo

INVITE ONLY

For the intermediate gymnast. Our Boys 2 class will concentrate on the men's Olympic sports equipment, such as the rings, pommel horse and parallel bars. **MUST** have coach invite to attend this class.

Monday 5:30-6:55pm

Thursday 4:45-6:10pm

GR ELITE CHEER

Who can participate?
 Anyone who has an interest in Competitive Cheer.
 Ages 5 to 17 years old.

In addition to competitions, the COMPETITIVE CHEER TEAM will also perform at local shows and exhibitions. THE CHEER TEAM athletes will also be invited to perform at this years Gymnastics on the Grand as well, hosted by GRG at the DeVos Place.

If interested please inquire.

