

# APEX GYMNASTICS

## 2009-2010 RECREATIONAL CLASS SCHEDULE AND FEES

### August 3, 2009 – May 23, 2010

CLASS	MON	TUES	WED	THURS	FRI	SAT
<b>PARENT TOT CLASS</b>						
12 mon.-3 yrs old (55min)		10:00				
<b>PRE-SCHOOL GYMNASTICS</b>						
3 yrs old (45 min)		5:30				9:00
4-5 yrs old (55 min)	4:30	4:30	5:30	5:30		11:00
<b>GIRLS GYMNASTICS</b>						
6-7 yrs old (55 min)	5:30	5:30 6:30	4:30	4:30 6:30		10:00
8-9 yrs old (55 min)	4:30 5:30	5:30 6:30	5:30	5:30		
10-11 yrs old (55 min)	6:30	7:30		6:30		
12 & Up (55 min)				7:30		
<b>BOYS GYMNASTICS</b>						
5-7 yrs old (55 min)		5:30		5:30		
8-13 yrs old (55 min)		6:30		4:30		
<b>TRAMP &amp; TUMBLE</b>						
Beginner – 6-8 yrs old (55 min)		4:30		4:30 5:30		
Beginner – 9 & Up (55 min)				6:30		
Intermediate Advanced - 6 & Up (55 min) (Invite Only)	4:30		4:30			
High School (55 min)	8:00	7:30				

Hours / Week	Monthly Tuition
45 minutes / once a week	\$65
55 minutes / once a week	\$70
85 min class / once a week	\$85
55 min class / twice a week	\$100
55 min class / three times a week	\$130
55 min class / four times a week	\$160

### Tuition Discount for Multiple Students

Families who register more than one child will receive a \$5 monthly discount off each additional sibling's class.

### Recreational Class Annual Registration Fee (non-refundable) (covers insurance and administrative costs)

**\*pro-rated after January 1, 2010 - please call for pro-rated amount**

1 child	\$70
Family	\$100

**\*If you have a gymnast on team and a sibling is registering for a Recreational Class,  
the Registration Fee for the 2nd sibling would be \$30**

1013 Investment Blvd.  
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919-303-7976

[www.apexgymnastics.com](http://www.apexgymnastics.com)

## **PROGRAM OBJECTIVES**

### ***Preschool Age:***

Our objective is to stimulate and advance physical, mental, and social development through gymnastics related activities. The intent is to provide a base for future sports' involvement and build the child's focus, effort, and self-confidence. Social interaction and learning to follow instruction from a coach are important benefits.

### ***Beginner Girls and Boys:***

We strive to provide a fun way to get fit, focused, and flexible. In addition to all Olympic apparatus, we utilize an obstacle course, tumble track, rope, and a trampoline to build strength, agility, self-control, and confidence. Strength is developed through activities which inspire gymnasts to do their best. Determination and concentration are encouraged and reinforced as the children learn new skills. Every effort is made to group the gymnasts according to their age, ability, interest, and objectives. Gymnasts are challenged on an individual basis to learn and perform new skills in a fun and safe environment.

### ***Experienced Students:***

We offer intermediate and advanced classes for more experienced gymnasts. Basic skill proficiency is required before the gymnast can be ready to participate in more advanced classes. A higher level of interest and commitment is required to enjoy the challenges of higher level skill development and learning routines. Gymnasts must be able to work independently. Our competitive team program for boys and girls is available for gymnasts at higher skill levels.

### ***Tramp and Tumble Classes:***

We focus on strength and flexibility with emphasis on tumbling and jumps in order to learn the basic building blocks that are needed to understand and perform tumbling skills and sequences. The gymnasts in the class will use mainly the floor and tumble track. This is a great class for youngsters who don't want to work on the equipment (bars, beam, etc.) but want to learn how to do cartwheels, round-offs and back-handsprings.

**CALL FOR YOUR FREE TRIAL CLASS TODAY!**

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