

# APEX GYMNASTICS

## 2010-2011 RECREATIONAL CLASS SCHEDULE AND FEES

September 7, 2010 – May 22, 2011

CLASS	MON	TUES	WED	THURS	FRI	SAT
<b>PRE-SCHOOL GYMNASTICS</b>						
3-4 yrs old (45 min)		5:30		4:30		9:00
<b>GIRLS GYMNASTICS</b>						
5-6 yrs old (55 min)	4:30 5:30	4:30	6:30	4:30		9:00
7-8 yrs old (55 min)	6:30	5:30	4:30	5:30		10:00
9-10 yrs old (55 min)	5:30	6:30	5:30	4:30 5:30		
11 yrs old (55 min)	6:30	7:30	5:30	6:30		10:00
<b>RHYTHMIC GYMNASTICS</b>						
3-5 yrs old (45 min)						9:00
6-8 yrs old (55 min)					6:30	10:00
9-12 yrs old (85 min)						11:00
<b>BOYS GYMNASTICS</b>						
5-7 yrs old (55 min)		4:30	6:30	5:30		
8-13 yrs old (55 min)	5:30	5:30		6:30		
<b>TUMBLE</b>						
Beginner – 5-8 yrs old (55 min)		4:30				
Beginner – 9 & Up (55 min)			5:30			
Advanced - (55 min)	4:30 7:00			7:00	4:30	

HOURS / WEEK	MONTHLY TUITION
45 minutes / 1x a week	\$65
55 minutes / 1x a week	\$70
85 min class / 1x a week	\$85
55 min class / 2x a week	\$110 (\$30 Savings!!!)
55 min class / 3x a week	\$150 (\$60 Savings!!!)
55 min class / 4x a week	\$190 (\$90 Savings!!!)

ANNUAL REGISTRATION FEE (non-refundable) Pro-rated after January 1, 2011	
1 child	\$40
2 children	\$60
3+ children	\$70

FAMILY MONTHLY TUITION DISCOUNTS	
2 <sup>nd</sup> child	\$10 OFF!
3 <sup>rd</sup> child	\$20 OFF!
4 <sup>th</sup> child	\$30 OFF!

Referral Program
For Each Friend Who Registers for Classes Receive a \$5 OFF coupon. Make sure to put your friend's name on the Registration Form.

1013 Investment Blvd.  
Apex, NC 27502  
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.

### ***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 want to learn how to do cartwheels, round-offs, and back handsprings. We also offer advanced tumble classes for gymnasts that are ready to learn skills beyond back handsprings.

### ***Rhythmic Gymnastics Classes:***

As an alternative to artistic gymnastics, we offer rhythmic gymnastics classes. Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The gymnasts will learn to manipulate rope, hoop, ball, clubs and ribbon.

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

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