

Gymnastics and Music & Motion



15 months through 18 years

Save 20% With EFT!

| Yearly Registration Fee \$30.00/child or \$55.00/family (+tax) | | |
|---|-------------------|----------------------|
| Class Length | Monthly *EFT Rate | Monthly Regular Rate |
| 45 min. | \$47.00 1x/week | \$58.75 1x/week |
| 1 hr. | \$52.00 1x/week | \$65.00 1x/week |
| 1:15 hrs. | \$58.00 1x/week | \$72.50 1x/week |
| 2 hrs. | \$76.00 1x/week | \$95.00 1x/week |
| *EFT - Electronic Funds Transfer | | |



**GEM STATE
GYMNASTICS
ACADEMY**

Since 1976

- * Awesome 22,000 sq. ft. Facility
- * Appropriate Student/Teacher Ratios
- * Progressive Lesson Plans
- * Top Quality Equipment
- * Tumbling & Trampoline
- * Qualified Instructors

| | | | |
|--|--|--|---|
| WIGGLER 15 mos. - 3 yrs.: 45 min. Beginner | PEBBLE 3 yrs.: 45 min. Beginner | KINDERGEM 4 yrs.: 1:00 hr. Beginner | KINDER CHEER 3 - 4 yrs.: 1:00 hr Beginner |
| MUSIC & MOTION Level I: 3-4 yrs. Level II: 4-6 yrs. 1:00 hr | NINJA GEMS Boys Level 1: 3 - 4 yrs. 1:00 hr Level 2: 5 - 6 yrs. 1:15 Hrs | NUGGET (G or B) 5 -12 yrs.: 1:15 hrs. Level I | JEWEL (G or B) 5 - 12 yrs.: 1:15 hrs. Level II Criteria: Pullover (bars) Backward roll (floor) |
| GEM (G or B) 5 - 12 yrs.: 1:15 hrs. Level III Criteria: Back Hip Circle (Bars) Bridge Kick Over (Floor) | JUNIOR/SENIOR (G or B) 12 - 17 yrs 1:15 hrs. Level I-IV | JUNIOR FLIP FLOP 5 -12 yrs.: 1:00 hr. ADVANCE JR FLIP FLOP Invitational only. | FLIP FLOP 12 -17 yrs.: 1:15 hrs |
| ADVANCE FLIP FLOP 12 -17 yrs.: 1:15 hrs. Criteria: Round Off Back Handspring | INVITATION ONLY GEMNAST (G or B) 5 - 17 yrs.: 2:00 hrs. Level II & up Criteria: Back hip Circle (Bars) Bridge Kick Over (Floor) | INVITATION ONLY: CHIP (G or B) 3 - 7 yrs. : 1:15 hrs. | ZUMBA/CIRCUIT/DANCIT YOGALATES/PIYO 18 & up yrs.: 1:00 hr \$30.00 UNLIMITED See Adult Fitness Flyer for More Details |




GEM STATE GYMNASTICS

ACADEMY ~ Since 1976

CLASS SCHEDULE

Girl (G), Boy (B)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|---|--|---|----------------------------------|---|
| 9:00 | Zumba/Piyo | Yogalates | Mixer | Yogalates | Zumba/Piyo | |
| 9:30 | | | | | | (G) Nugget/Jewel |
| 10:00 | Kindergem | Wiggler Pebble Kindergem (G) Chip | (G) Nugget/Jewel Jr Flip Flop | Wiggler | (G) Nugget/Jewel Kindergem | |
| 10:15 | | Circuit | | Circuit | | |
| 10:45 | | Wiggler Pebble | | | | (G) Nugget/ Jewel (G) Gemnast |
| 11:00 | Pebble | | Kindergem | Kindergem Ninja Gems 1 | | |
| 11:15 | | Ninja Gem 1 Kindergem | Wiggler Pebble Ninja Gem 2 | | 11:30 (G) Nugget/Jewel | |
| 12:30 | (B) Nugget/Jewel | (G) Gemnast | | | | |
| 1:00 | 1:30 Music & Motion 1 | Wiggler/Pebble (G) Nugget/Jewel (G) Chip | | (G) Nugget/Jewel | | |
| 2:30 | (G) Nugget/Jewel Music & Motion 2 | Music & Motion 1 & 2 (G) Nugget/Jewel | Ninja Gem 2 Music & Motion 1 | Kindergem Music & Motion 2 (G) Nugget/Jewel (G) Chip | (G) Nugget/Jewel Kinder Cheer | Check out our Wonderful Weekend Programs Birthday Parties Flip Flop Clinics Parent's Night Out |
| 4:00 | Kindergem (G) Nugget (G) Jewel (B) Chip (B) Gemnast | (G),(B) Nugget (G),(B) Jewel (G) Gemnast | Kindergem (G),(B) Nugget (G),(B) Jewel (B) Gemnast summer only | Kindergem (G),(B) Nug/Jewel (G) Chip (G) Gemnast | (G) Nugget/Jewel | |
| 5:15 | Kindergem (G) Nugget/Jewel Jr. Flip Flop | Kindergem (G) Nugget (G) Jewel | Wiggler/Pebble (G) Nugget/Jewel (B/G) JR/SR | Wiggler/Pebble (G),(B) Nugget (G),(B) Jewel Jr. Flip Flop | (G) Nugget/Jewel | |
| 6:00 | | (G) Gemnast | (G) Gemnast | | | |
| 6:30 | Wiggler/Pebble (G),(B) Nugget (G),(B) Jewel (G) Gem | (G) Nugget/Jewel (B) Nugget/Jewel Jr. Flip Flop | Kindergem (G) Nugget/Jewel (G) Gem | Wiggler/Pebble (G) Nugget/Jewel (B) Nugget/Jewel (G) Gem Adv. Jr. Flip Flop | |  |
| 7:15 | Adv. Jr Flip Flop | | | 7:30 Jr Flip Flop | | |
| 8:00 | Flip Flop Adv. Flip Flop | (B/G) JR/SR Flip Flop Adv. Flip Flop | (B/G) JR/SR | Flip Flop Adv. Flip Flop | | 7/11/16 |