

# 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.	\$51.00 1x/week	\$63.75 1x/week
1 hr.	\$56.00 1x/week	\$70.00 1x/week
1:15 hrs.	\$61.00 1x/week	\$76.25 1x/week
2 hrs.	\$81.00 1x/week	\$101.25 1x/week
*EFT - Electronic Funds Transfer		



**GEM STATE  
GYMNASICS  
ACADEMY**

Since 1976

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

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



# GEM STATE GYMNASSTICS

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		Wiggler/Pebble Kindergem (G) Chip				
10:15		Circuit		Circuit		
10:45					10:30 (G) Nugget/Jewel	(G) Nugget/ Jewel (G) Gemnast
11:00	Wiggler/Pebble Kindergem	Pebble	Kindergem (G) Chip	Pebble Kindergem		
11:15		Kindergem	Wiggler Pebble			
12:00					Wiggler/Pebble Kindergem	G Nugget/Jewel
1:00		Wiggler/Pebble (G) Nugget/Jewel (G) Chip	(G) Chip			
1:45		Wiggler/Pebble				
2:30	Pebble (G) Nugget/Jewel	Kindergem (B) Nugget/Jewel (G) Chip	Kindergem	Kindergem (G) Nugget/Jewel		Check out our Wonderful Weekend Programs  Birthday Parties  Flip Flop Clinics  Parent's Night Out
4:00	(G),(B) Nugget/Jewel (B) Gemnast	(G),(B) Nugget (G),(B) Jewel (G) Gemnast	Kindergem (G),(B) Nugget (G),(B) Jewel (G) Gem	Kindergem (G),(B) Nugget/Jewel (G) Chip (G) Gemnast	(G) Nugget/Jewel	
5:15	(G) Nugget/Jewel/ Gem 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	Kindergem (G),(B) Nugget (G),(B) Jewel (G) Gem	(G) Nugget/Jewel (B) Nugget/Jewel Adv. Jr. Flip Flop	Kindergem (G) Nugget/Jewel (G) Gem	Wiggler/Pebble (G) Nugget/Jewel (B) Nugget/Jewel (G) Gem	(G) Nugget/Jewel	
7:30	Adv. Jr. Flip Flop		Jr Flip Flop	Jr. Flip Flop		
8:00	Flip Flop Adv. Flip Flop	(B/G) JR/SR Flip Flop Adv. Flip Flop	(B/G) JR/SR Adv. Flip Flop	Flip Flop Adv. Flip Flop		