

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.	\$54.00 1x/week	\$67.50 1x/week
1 hr.	\$59.00 1x/week	\$73.75 1x/week
1:15 hrs.	\$64.00 1x/week	\$80.00 1x/week
2 hrs.	\$84.00 1x/week	\$105.00 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/Girls Level 1: 4 - 5yrs. 1:00 hr . Level 2: 5 - 8 yrs. 1:00 hr	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.	SHINE/CIRCUIT/MIXER YOGALATES 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 Ninja Gem 2
10:00		Wiggler/Pebble Kindergem (G) Chip			Music & Motion 1	
10:15		Circuit		Circuit		
10:45						(G) Nugget/ Jewel (G) Gemnast
11:00	Wiggler/Pebble Kindergem	Pebble	Kindergem (G) Chip	Wiggler/Pebble Kindergem		
11:15		Ninja Gem 1	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	Wiggler/Pebble (G) Nugget/Jewel	Kindergem (B) Nugget/Jewel (G) Chip	Ninja Gem 1 Music & Motion 1	Ninja Gem 1 (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) 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		3/12/18

