



**ROSE'S GYMNASTICS**  
**WEEKLY SUMMER**  
**CLASS SCHEDULE**  
 2012



Our current schedule of classes is listed below. **The summer registration fee (\$15) is due with the completed form to reserve your class time.** You may download a registration form to complete and bring with you to the office to register. Checks should be made payable to "Rose's Gymnastics". Payment may be made by telephone with a debit or credit card. Completed forms may be faxed with credit card information. You may have your fees drafted monthly. The draft forms are available online.

Classes will begin the week of June 11. Payment is due by the 10th of each month to avoid a late fee. Class space is determined by the number of teachers or squads in each time slot and is limited by our teacher to student ratio: preschool is 6:1 and all other classes are 8:1. The office phone number is 252-321-7264. Website: [www.rosesgymnastics.com](http://www.rosesgymnastics.com)  
**Fees listed are for the summer only, based on just 3 weeks per month, for a total of 9 classes.**

**TODDLER GYM CLASSES: AGES 18 mos.— young 3's      \$45.00 per month**

Bring your child to a weekly class for large muscle motor development, hand-eye coordination and general fitness using gymnastics activities. He/she will enjoy climbing, swinging, running, jumping, rolling, dancing and tumbling. Rain or shine you will have a great time in a healthy, fun environment! Excellent one on one quality play time!



TUESDAY	WEDNESDAY	THURSDAY
9:00—9:45am		9:00—9:45 am
	6:15 - 7:00 pm	

**LITTLE FLIPPER CLASSES**  
**AGES: 3, 4, & pre-K      \$50.00 per month**



Children will attend this class without parent participation, but must be *at least 3 yrs. and toilet trained.* Exciting weekly lesson plans are designed to teach progressions and build basic skills on all of the gymnastics events. Equipment circuits include stations to help develop general movement skills, hand-eye coordination and over-all fitness. Classes are co-ed at this level. The main objective is fitness and fun! Parents may view their children through our large observation windows.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	10:00—11:00 am		10:00—11:00 am
	11:00 am—Noon		11:00 am—Noon
3:30—4:30 pm		3:30—4:30 pm	
	4:45—5:45 pm		4:45—5:45 pm
6:00—7:00 pm	6:00—7:00 pm		6:00—7:00 pm

**Note: Classes will not meet the week of July 2-6**

**GIRLS' FUN TRAK (AGES 5& UP) 60 minute class; one time per week \$50.00/mo.**

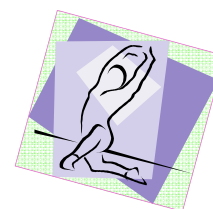
These classes are designed to introduce the sport of gymnastics and all it has to offer for a fun fitness activity. The objective is to use the gymnastics equipment to swing, climb, roll, jump, and run in a challenging, yet fun environment. The students will learn basic skills on each event (vault, bars, beam, tumbling, & trampoline). This class is not intended to be an intense skills class. It is basically an introduction to the sport to show the fun of gymnastics! If you just want to do a gymnastics class as one of many activities throughout the year, this class is for you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	3:30 - 4:30 PM		3:30 - 4:30 PM
4:45 - 5:45 PM		4:45 - 5:45 PM	
6:45 - 7:45 PM	6:45 - 7:45 PM		6:45 - 7:45 PM

**GIRLS' STAR CLASSES (AGES 5 & UP)  
Champions Program for STAR LEVELS 1, 2, 3 & 4**

These classes are for girls ages 5 and up. Lessons are based on the skills in the national Junior Olympic USA Gymnastics Levels 1 - 4 program. These routines include basic to advanced skills on each event (vault, bars, beam and floor) that are choreographed into routines. Conditioning for strength and flexibility will be part of the class structure. These classes will form the "RGTC STAR REC Teams" and will be given the opportunity to compete in our in-house "Champions Star Meets" offered throughout the year for fun & awards. A special team leotard purchase will be required for these classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	4:00-5:15 pm STAR 1 & 2 \$55.00 /month	4:00-5:15 pm STAR 1 & 2 \$55.00 /month	4:00-5:15 pm STAR 1 & 2 \$55.00 /month
4:30 - 6:00 pm STAR 2 & 3 \$60.00/month			
5:30-6:45 pm STAR 1 & 2 \$55.00 /month	5:30-6:45 pm STAR 1 & 2 \$55.00 /month	5:30-6:45 pm STAR 1 & 2 \$55.00 /month	5:30-6:45 pm STAR 1 & 2 \$55.00 /month
6:15 - 8:15 pm STAR 3 & 4 \$65.00/month			6:15-7:45 pm STAR 2 & 3 \$60.00/month
7:00 - 8:15 pm STAR 1 & 2 \$55.00 /month	7:00 - 8:15 pm STAR 1 & 2 \$55.00 /month		7:00 - 8:15 pm STAR 1 & 2 \$55.00 /month



**Note: Classes will not meet the week of July 2-6**

## TUMBLING ONLY CLASSES

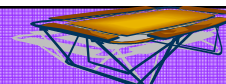


These classes work on tumbling skills using the tumble track, rod floor and spring floor. The objective is to progress from basic tumbling like cartwheels, rolls, walkovers and round-offs to more advanced skills like back handsprings, front handsprings and flipping skills. No experience is necessary for Level 1. Tumbling Level 2 classes require experience and some proficiency with “running tumbling”. These are great classes for kids who want to gain tumbling expertise for cheerleading or just for the love of flipping! Classes are co-ed.

MONDAY
6:15 - 7:30 PM Intermediate Tumbling \$55/mo.
7:30 - 8:30- PM OPEN GYM AGES 10 & UP \$15 PER VISIT

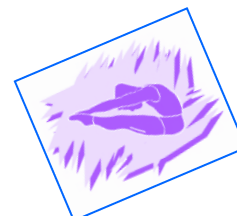


## TUMBLING AND TRAMPOLINE CLASSES



These classes are for girls and guys who want to work on tumbling and trampoline skills. Tumbling is the basis for skills on all of the gymnastics events. There are three events included in this class: floor tumbling skills, double mini-trampoline skills, and competitive trampoline skills. The USA Gymnastics T-N-T program is used as a foundation for this class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30 - 6:30 PM Tumbling & Trampoline Level 1 & 2 \$50.00/month	3:00 - 4:00 PM Tumbling & Trampoline Level 1 & 2 \$50.00/month	4:00 - 5:15 PM Tumbling & Trampoline Level 3 & 4 *Placement by Teacher Recommendation \$55.00/month	4:00 - 5:00 PM Tumbling & Trampoline Level 1 & 2 \$50.00/month



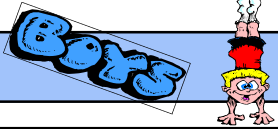
## FREE RUNNING & “TRICKING” CLASSES Ages 8 & up

This activity is for high energy thrill seekers! Learn the basics of free running and add more advanced skills and “tricks” as you learn. We will provide a safe environment to learn from experienced teachers and fellow “free runners”. Go to the Rose’s Gymnastics page on Facebook to see a video of this new sport! These classes are co-ed. For more information go to [www.rosesgymnastics.com](http://www.rosesgymnastics.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:30 - 8:30 PM “Tricking” \$15 per visit		5:30 - 6:30 PM Beginner Free Running Class \$50/month	
		6:45 - 7:45 PM Intermediate Free Running Class \$50/month	

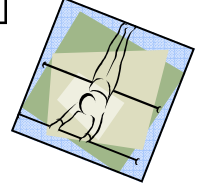
**Note: Classes will not meet the week of July 2-6.**

**BOYS' REC CLASSES (AGES 5 & UP)**



Our male teachers challenge the boys with strength and conditioning workouts using gymnastics equipment and activities. This is a great class to get into shape or to stay in shape in the off season between sports. All classes will be grouped by age and ability within the class.

MONDAY		WEDNESDAY	THURSDAY		
4:00-5:00 PM Gym 1 \$50.00/month		4:00-5:15 pm Boys' Hot Shots \$55/month Boys' Gym 2 4:00 - 5:00 pm \$50/month	6:00 - 7:00 PM Gym 1 \$50/month		



**PRETEAM GROUPS for Boys and Girls - Placement by teacher recommendation or try-outs. Fees listed under each group on chart.**

These groups are developmentally progressive to the competitive teams. Placement into one of these classes is by teacher recommendation or by try-outs. The students are usually chosen at the end of the school year (May). The classes typically begin new each summer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rising Stars 3:45-5:45 pm M & W \$80/month	Boys' Dynamites 3:30 - 5:30 PM \$80/month	Rising Stars 3:45-5:45 pm M & W	Boys' Dynamites 3:30 - 5:30 PM T & TH
	Girls' Hot Shots 4:00 - 5:15 PM \$55/month		Girls Sparklers 4:00 - 5:30 pm \$60/month

Did you know you can add a second class for just \$20.00 extra per month? Does your child want to try more than one thing at the gym? Take two gymnastics classes or a gymnastics class and add a tumbling & trampoline class. This is a great way to get more practice on your basics.

Open Gym on Monday nights is another extra practice option for our older students. This is a drop-in class designed to allow our students who are 10 yrs. & older, an opportunity to come and work on the skills they want to learn or need for cheerleading.



**Rose's Gymnastics Training Center**  
 1802 Old Fire Tower Road  
 Greenville, NC 27858  
 252-321-7264  
[www.rosesgymnastics.com](http://www.rosesgymnastics.com)



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