

ROSE'S GYMNASTICS WEEKLY CLASS SCHEDULE 2009-2010



Our current schedule of classes is listed below. **The annual \$45.00 registration fee 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.

Fall classes will begin the week of August 31. 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

TODDLER GYM CLASSES: AGES 18 mos.— young 3's \$58.00 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00—9:50 am	10:00—10:50 am			9:00—9:50 am
		7:00—7:50 pm		10:00—10:50 am	



LITTLE FLIPPER CLASSES
AGES: 3 and 4 years old \$60.00 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. (Note: Children who are 5 years old will be placed in the basic recreational classes in "all girl" or "all boy" classes).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 am - Noon	10:00—11:00 am		10:00—11:00 am		10:00—11:00 am
1:00—2:00 pm	11:00 am—Noon			11:00 am—Noon	
3:30—4:30 pm	3:30—4:30 pm	3:30—4:30 pm	3:30—4:30 pm		
(Hot Shots)	4:45—5:45 pm	4:45—5:45 pm	4:45—5:45 pm		
6:00—7:00 pm	6:00—7:00 pm	5:45—6:45 pm	6:00—7:00 pm		

GIRLS' REC CLASSES (AGES 5& UP) 75 minute classes \$65.00 PER MONTH

These classes are for girls ages 5 –12 and are based on the skills in the USA Gymnastics Level 1& 2 gymnastics routines. These routines have been established to teach basic skills on each event (vault, bars, beam and floor). Conditioning and trampoline are also included in the weekly rotations. The girls will be grouped by age & ability within the classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm		11:00 am– 12:15 pm
5:15-6:30 pm	5:15 - 6:30 pm	5:15 - 6:30 pm	5:15 - 6:30 pm		
6:30 - 7:45 pm	6:30 -7:45 pm		6:30-7:45 pm		



BOYS' REC CLASSES (AGES 5 & UP) 1 hour class \$60.00 PER MONTH



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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00-4:00 pm		4:00 -5:30 PM Firecrackers		
4:00-5:00 pm		4:00-5:15 pm Hot Shots	5:00 - 6:00 pm		
			7:00-8:00 pm		

FOCUS ON FITNESS: AGES 5 YRS and up \$55.00 per month

Focus on Fitness is an exercise class for kids! It is an hour of active fun in a high energy setting. This class is for boys and girls who want to get into shape for athletic purposes or for self-improvement. "Mr. Jerome" will take charge in a boot camp style, but with appropriate activities and exercises for kids. Active games, obstacle courses, races, and fun challenges make this a great class for your child.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:15 - 6:15 pm			

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 or cheer class. This is a great way to get more practice.

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.

Practice makes perfect! Take advantage of this extra practice session!

TUMBLING AND TRAMPOLINE CLASSES
\$60 per month for 1 hour classes

These classes work on tumbling skills only using the trampolines, 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 flips. No experience is necessary for the Tumbling 1 classes. Tumbling 2 classes require experience and some proficiency with back handsprings. These are great classes for kids who want to gain tumbling expertise for cheerleading. Classes are co-ed.
 The T-N-T Club (Tumbling & Trampoline Club) is for intermediate to advanced students who want to gain more strength, & power and work on advanced skills on floor and trampoline.

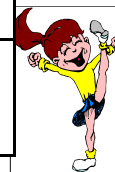
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 6:00 pm Ages 5-9	5:00 - 6:00 pm Ages 5-9 Tumbling & Trampoline	4:00-5:00 pm Ages 7 & up Experience necessary.	4:00-5:00 pm Ages 5-9		
6:00 - 7:00 pm Tumbling Only	6:00 - 7:00 pm Tumbling Only		6:00 - 7:00 pm Tumbling Only		
7:00 - 8:00 pm Ages 11 & up Tumbling Only	T-N-T Pre Team & Team 6:00-8:00 pm		7:00- 8:00pm Ages 9 & up Tumbling Only		



CHEER CLASSES: AGES 4 and up

These classes will teach basic cheerleading skills appropriate to the level of the students. Motions, jumps, chants, cheers, dance, and stunting will be introduced or perfected. This is a great intro to what cheerleading is all about.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 PM Basic Cheer Ages 7-12 \$60/mo		DH Conley JV 4:30 - 6:30 PM	DH Conley V 4:30 - 6:30 PM		
		6:30 - 7:30 PM Southside HS Group	5:30 - 6:30 PM Basic Cheer Ages 5-9 \$60/mo.		
	7:00 - 8:00 PM Chocowinity Group		6:45 - 7:45 PM Hip hop Dance Ages 5-14 \$60/mo.		



OPEN GYM: AGES 10 YRS and up \$15.00 per visit

We provide a state of the art facility and trained teachers to help you learn the skills required for making your squad or raising your level of tumbling. Skills and drills for round-offs, back handsprings, back tucks, layouts, and twisting are set up for all levels and abilities.

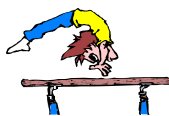
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 pm					

INTERMEDIATE AND ADVANCED CLASSES FOR GIRLS

Fees are listed under each class

The intermediate classes are for girls who have completed enough skills to begin working on series of skills and routines. If you have completed a Level 2 skills card, you may sign up for an Intermediate class. The Advanced classes are for girls who have completed Level 3 skills cards and are recommended to the advanced level by their teacher. The girls in the advanced classes may be given the opportunity to join the competitive team, if they demonstrate the required skills and the desire to compete at the Rookie team level.

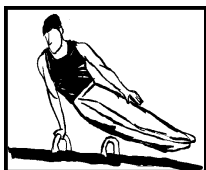
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Intermediate 4:45-6:15 pm \$70.00/month			Advanced 4:00 - 6:00 pm 1 time per week \$75.00/month		
Advanced 6:15-8:15 pm 1 time per week \$75.00/month			Intermediate 6:00-7:30 pm \$70.00/month		



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 begin new each summer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rising Stars 3:45-5:45 pm M & W \$100.00/month	Girls Dynamites 3:45-5:45 pm T & TH \$100.00/month	Rising Stars 3:45-5:45 pm M & W \$100.00/month	Boys' Dynamites 4:00 - 5:30 PM \$75.00/month		
Hot Shots 4:30—5:45 PM \$65.00/month		Sparklers 4:00-5:30 pm \$75.00/month	Girls Dynamites 3:45-5:45 pm T & TH \$100.00/month		



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