



ROSE'S GYMNASTICS WEEKLY CLASS SCHEDULE 2011 - 2012



Our current schedule of classes is listed below. 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. The annual \$45.00 registration fee is due with the completed form to reserve your class time.

Fall classes will begin the week of September 6-10. Payment is due by the 5th of each month. A Late fee of \$10 will be billed to your account after the 10th. 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
Address: 1802 Old Fire Tower Road, Greenville, NC 27858

TODDLER GYM CLASSES: AGES 2- 3 years old \$60.00 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/learning time!



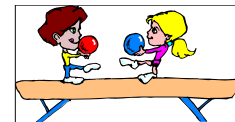
TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
9:00—9:45 am	10:00—10:45 am	11:00 -11:45 am *Baby Gym	9:00—9:45 am
	6:15—7:00 pm		



***Baby Gym** is for Walkers to 2yrs. - similar to Toddler Gym format, but emphasizes age appropriate activity.

LITTLE FLIPPER CLASSES AGES: 3**, 4 & Pre-K

\$65.00 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.

**In our many years of experience, we believe it is best for a young 3 year old to start in the parent/tot class for at least one -half of the 1st year.

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	10:00—11:00 am
1:00—2:00 pm	11:00 am—Noon				
3:30—4:30 pm		3:30—4:30 pm			
	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		6:00—7:00 pm		

GIRLS' FUN TRAK (AGES: Kindergarten & UP) 60 minute class; 1 time/week \$65/month

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 for fun of learning gymnastics skills. If you just want to do a gymnastics class as one of many activities throughout the year, this class is for you!

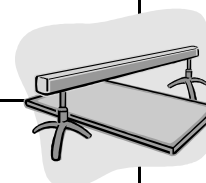
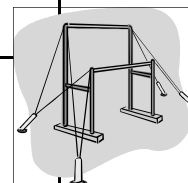


MONDAY	TUESDAY	THURSDAY	SATURDAY
	3:30 - 4:30 PM	3:30 - 4:30 PM	11:00 AM - Noon
4:45 - 5:45 PM			
6:45 - 7:45 PM	6:45 - 7:45 PM	6:45 - 7:45 PM	

GIRLS' Champions Program for STAR LEVELS 1, 2, & 3 (AGES: 1st grade & UP)

These classes are for girls ages 5 and up. Lessons are based on the skills and routines 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 RECREATIONAL TEAM 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 and will be worn as the team uniform in the meets.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00-5:15 pm STAR 1 & 2 75 minutes \$70.00 /month		4:00-5:15 pm STAR 1 & 2 75 minutes \$70.00 /month	4:00-5:15 pm STAR 1 & 2 75 minutes \$70.00 /month	11:00 am- 12:15 pm STAR 1 & 2 75 minutes \$70.00 /month
4:45 - 6:15 pm STAR 2 & 3 90 minutes \$80.00/month				
5:15-6:30 pm STAR 1 & 2 75 minutes \$70.00 /month	5:15 - 6:30 pm STAR 1 & 2 75 minutes \$70.00 /month	5:15 - 6:30 pm STAR 1 & 2 75 minutes \$70.00 /month	5:15 - 6:30 pm STAR 1 & 2 75 minutes \$70.00 /month	
6:15 - 8:15 pm STAR 3 & 4 2 hours \$85.00/month		6:30 - 8:00 pm STAR 2 & 3 90 minutes \$80.00/month	6:00 - 7:30 pm STAR 2 & 3 90 minutes \$80.00/month	
6:45 - 8:00 pm STAR 1 & 2 75 minutes \$70.00 /month	6:45 - 8:00 pm STAR 1 & 2 75 minutes \$70.00 /month		6:45 - 8:00 pm STAR 1 & 2 75 minutes \$70.00 /month	



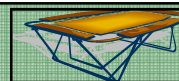
TUMBLING ONLY CLASSES - Beginner, Intermediate & Advanced

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 the Beginner Tumbling classes. Intermediate Tumbling classes require experience and some proficiency with back handsprings. To join the Advanced Tumbling class, you must be able to perform a running round-off, back handspring with a spotter. These are great classes for kids who want to gain tumbling expertise for cheerleading

MONDAY	TUESDAY	THURSDAY
	5:15 - 6:15 PM Beginner 60 minutes \$65.00/month	
6:30 - 7:45PM Intermediate 75 minutes \$70.00/month		6:45 - 8:15 PM Advanced (*Must have RO, Back Handspring w/spot!) 90 minutes \$75.00/month



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
4:00 - 5:00 PM Tumbling & Trampoline Level 1 60 minutes \$65.00/month	4:00 - 5:00 PM Tumbling & Trampoline Level 1 60 minutes \$65.00/month	4:00 - 5:30 PM Tumbling & Trampoline Level 4 (Pre-team) 90 minutes \$75.00/month *Placement by Teacher Recommendation	4:00 - 5:15 PM Tumbling & Trampoline Level 2 75 minutes \$70.00/month
5:15 - 6:30 PM Tumbling & Trampoline Level 2 75 minutes \$70.00/month			5:15 - 6:45 PM Tumbling & Trampoline Level 3 90 minutes \$75.00/month



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 tumblers looking to improve or learn from scratch. This class is especially good for Levels 3-5 cheerleaders.

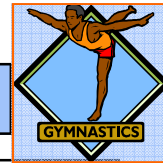


MONDAY	FRIDAY
7:30 - 8:30- PM Tumbling & Free Running	5:30 - 6:45 PM 6:45 - 8:00 PM Beginner Free Running Int. /Adv. Tricking



BOYS' REC CLASSES (AGES 5 & UP)

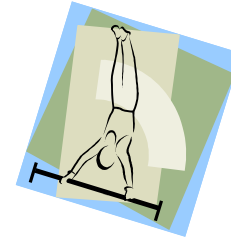
Boys



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
	3:00-4:00 PM Gym 1 & 2 60 minutes \$65.00/month		
4:00-5:00 PM Gym 1 60 minutes \$65.00/month		4:00-5:15 pm Hot Shots 75 minutes \$70.00/month	5:00 - 6:00 PM Gym 1 60 minutes \$65.00/month

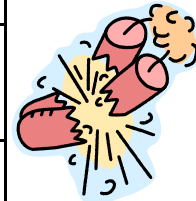


PRETEAM GROUPS for Boys and Girls - Placement by teacher recommendation or try-outs. Fees listed under each group on chart.

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.

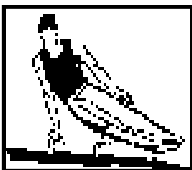


MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rising Stars 3:45-5:45 pm M & W \$105.00/month	Boys' Dynamites 3:30 - 5:30 PM T & TH \$105.00/month	Rising Stars 3:45-5:45 pm (2nd day)	Boys' Dynamites 3:30 - 5:30 PM (2nd day)
	Girls' Hot Shots 4:00 - 5:15 PM \$70.00/month		Girls Sparklers 4:00 - 6:00 PM \$85.00/month



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.



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