



SPRING SCHEDULE 2017

JANUARY 2 – MAY 27 Spring Break March 13 - 17

20-week session, pay by month or semester. All students enrolling will be entered for the entire semester unless we receive written notice to discontinue.

REGISTRATION DATES & TIMES

- ❖ **Current Students:** May register immediately if staying in same class. *If changing class day or time, you may register beginning November 14th.*
- ❖ **New or Former Students:** Registration will open *December 5th* for new or former students.

TUMBLE TOTZ: Walkers – 3 yrs. 30 minutes. This “Mommy (or Daddy) and Me” class is a great way to assist your child with general motor development. We will utilize music for movement education, and each child will be able to use everything from the trampoline to the balance beam to the rings and bars in EVERY class. We use fun themes to help them remember skills and stations, and the best part is that it is great bonding time for you and your child.

\$38.50/month OR \$173.25/semester

MONDAY 6:00 – 6:30 **THURSDAY** 5:45 – 6:15 or 7:00 – 7:30
TUESDAY 9:30 – 10:00 am **FRIDAY** 9:30 – 10:00 am
WEDNESDAY 9:30 – 10:00 or 6:30 – 7:00 **SATURDAY** 9:00 – 9:30 am

HOPPERS: 3 – 5 yrs. 45 minutes. Students will gain school readiness while they learn motor skills, gymnastics skills, body positions, basic gymnastics, and sequential learning. We use weekly themes to come up with creative lesson plans. The kids will remember the skills while reflecting on the themes. Only six students per class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:15 – 6:00	9:30 – 10:15	10:15 – 11:00	4:15 – 5:00	9:30 – 10:15	9:00 – 9:45	
6:30 – 7:15	10:15 – 11:00	5:00 – 5:45	5:00 – 5:45	11:15 – 12:00	9:45 – 10:30	
	11:15 – 12:00	5:45 – 6:30	6:15 – 7:00			
	5:00 – 5:45	7:00 – 7:45				
	5:45 – 6:30					
	6:30 – 7:15					\$52/month OR \$234/semester

GYM JAMMERS: 5 – 7 yrs, co-ed. 1 HOUR. ***NEW*** These gymnasts will be learning basic, beginning level gymnastics in a group of 7-8 students. We will incorporate fun into our lessons but will also be able to track each student’s skills to increase forward progress. These classes will have the unique ability to use our upstairs suite for greater focus/fewer distractions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	9:00 – 10:00	\$58/month
5:00 – 6:00	5:00 – 6:00	5:00 – 6:00	5:00 – 6:00	10:30 – 11:30	OR
6:00 – 7:00	7:00 – 8:00	6:00 – 7:00	6:00 – 7:00	11:30 – 12:30	\$261/semester

HOMESCHOOL FITNASTICS: 5 yrs and up, co-ed. 1 HOUR. This class is a great way to introduce physical education through gymnastics. We will teach specific gymnastics lessons each day and sandwich the lessons between group games and other fun. We will focus on building strength and gaining coordination and balance. Students will be challenged individually depending on their skill set.

TUESDAY 11:00 – 12:00 am **FRIDAY** 10:15 – 11:15 am \$58/month OR \$261/semester

BOYS 7 & up

WARRIORS: Boys, 7 yrs and up. 1 HOUR. This class will explore basic gymnastics skills with a fun “warrior” twist to keep their energy at bay. We will work on USA Gymnastics skills for Level 1 boys, using the same six gymnastics events that male gymnasts compete in the Olympics. We will also be able to gain athletic skills which can be transferred into many other sports.

TUESDAY 6:00 – 7:00 **THURSDAY** 4:00 – 5:00 or 7:00 – 8:00 \$58/month OR \$261/semester

GLADIATORS: Boys must have achieved all skills required in the Warriors class. 1 HOUR. Students will work on skills in USA Gymnastics Level 2, plus gymnastics skills and gladiator activities which will ready them for other sports.

TUESDAY 7:00 – 8:00 pm \$58/month OR \$261/semester

GIRLS 7 & up

JUNIORS: Girls, 7 yrs and up. 1 HOUR. This group will have up to 8 girls per class, and will work on skill progressions required for USA Gymnastics Level 1. This is an extension of the JAMMERS class, and will be held in the main gym.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
4:00 – 5:00	5:00 – 6:00	4:00 – 5:00	4:00 – 5:00	9:45 – 10:45	
5:00 – 6:00	6:00 – 7:00	5:00 – 6:00	5:00 – 6:00	10:30 – 11:30	\$58/month OR \$261/semester
6:00 – 7:00	7:00 – 8:00	6:00 – 7:00		#11:30 – 12:30	#Combine w/Flipsters

FLIPSTERS: Girls must have passed all requirements of the Jammers and Juniors classes. 1 HOUR. This group will be comprised of intermediate level girls who will work to achieve skills for USA Gymnastics Level 2. We recommend two classes per week for speedier advancement. This group will be eligible to participate in the Corridor Classic Meets in the spring.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
4:00 – 5:00	4:00 – 5:00	4:00 – 5:00	5:00 – 6:00	#11:30-12:30	
5:00 – 6:00	5:00 – 6:00	5:00 – 6:00	6:00 – 7:00		\$58/month OR \$261/semester
6:00 – 7:00		6:00 – 7:00	7:00 – 8:00		# Combine w/Juniors

STARS: Girls must have mastered all skills in the Flipsters class. 90 minutes. This group of girls will work to achieve skills for USA Gymnastics Level 3. As always, for quicker advancement we would recommend two classes per week. This group will be eligible to compete in the Corridor Classic Meets in the spring.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7:00 – 8:30	7:00 – 8:30	4:00 – 5:30	7:00 – 8:30	\$76.50/month OR \$344.25/semester

SPECIAL POPULATIONS: 8 – 18 yrs. 45 minutes. We pride ourselves in being able to accommodate for kids with all kinds of abilities. This class is designed for students with special needs to work on motor skills, strength, and gymnastic basics. Students may be asked to bring an assistant for safety and/or guidance.
THURSDAY 7:00 – 7:45 pm \$52/month OR \$234/semester

TUMBLING: 8 – 18 yrs. 1 HOUR. This class will focus specifically on tumbling using the floor apparatus & trampoline. Students challenged accordingly to their skill level.
WED 7:15 – 8:15 pm \$58/month OR \$261/semester
TAG: 4 ½ - 7 yrs, invitation only. **TUESDAY** 6:00 – 7:00 pm \$58/month OR \$261/semester

REGISTRATION: All students must have their \$25 annual registration fee up to date and a 2017 waiver form must be complete before entering class. **Fall students will get first priority for spring classes and may register immediately. Registration will open December 5th for any new or former students who wish to enroll.**

To sign up, you may either register online at www.somersaultsgym.com, come to the gym, or call the office at 319-366-7040. Payment must be made at time of registration including annual registration fee and tuition. If you are paying monthly, you must have your first month paid in full. If you are paying by the semester, you must pay at least ½ of the session tuition, and the remainder is due the first week of class. Semester tuitions that are not paid on time will be converted to monthly rates.

Somersaults Gymnastics Center
930 27th Ave SW
Cedar Rapids, IA 52404

PROPER ATTIRE FOR GYMNASTICS: Girls MUST wear a leotard (one piece and no sports bras worn alone) and hair must be put up. No tights. Boys may wear shorts/sweatpants and a t-shirt (tucked in). Socks are optional and not preferred. No jewelry, fit bits, or watches on the gymnasts.

GYM RULES: Parents and spectators may stay to watch class, but should remain in the lobby—only students are allowed in the gym areas. No food, gum, shoes or jewelry is allowed in the gym. Students should always wait inside for rides. We reserve the right to cancel a class or combine with a similar class if enrollment does not warrant it to open. If you miss a class, you may reschedule it as long as it is during the same session you are enrolled. A full list of the rules is posted in the lobby.

GO TO www.somersaultsgym.com or our Facebook page for more information and current events!