

# 2017 SUMMER CLASSES

**10 WEEK SESSION**  
**JUNE 5 – AUGUST 12**



930 27<sup>th</sup> Ave SW  
Cedar Rapids, IA 52404  
319/366-7040  
www.somersaultsgym.com

## OUR TEACHING PHILOSOPHY:

WE BELIEVE THAT CHILDREN LEARN BY DOING. SOME LEARN WELL BY WATCHING OTHERS, BUT MOST LEARN BEST BY TRYING IT THEMSELVES. THUS, OUR PHILOSOPHY OF HAVING MOST EVERY STUDENT WORKING AT ONCE AND VERY LITTLE WAITING HELPS THEM LEARN FASTER, KEEPING THEM HAPPIER AND LESS ABLE TO BECOME DISTRACTED BY (OR DISTRACT) OTHERS.

## Summer registration dates and times:

Spring students may sign up for summer classes starting immediately during regular class times or online by request.  
New/former students may register beginning April 24.

Office Hours are 4:00 – 7:30 p.m. Mon. – Thurs. and Saturday 9am – 2:30.

## Registration Requirements:

1. A minimum of ½ of the summer tuition is due at registration, and the remainder is due at the first class.
2. \$25 annual registration fee is required of all students (if due for renewal).
3. ALL STUDENTS must have a completed waiver form for 2017.

## PROPER ATTIRE, GYM RULES, PAYMENT POLICIES...

- All students must wear proper attire to class: **Girls 3 and older—must wear** leotard (no tights), long hair up, and no jewelry. **Boys:** Shorts/sweatpants and a t-shirt TUCKED IN. All students best barefoot, socks are acceptable.
- No food, gum, shoes or non-participants allowed in the gym areas.
- Parents and spectators who are wishing to remain in the building during classes are asked to stay in the lobby area. Those needing to access restrooms, with or without children, are asked to use the public access restrooms down the hallway.
- Somersaults is equipped to take your child under our wing during their scheduled class time. There is not staff available to babysit before or after class, so no early drop offs or late pick-ups.
- Parents should COME INSIDE to pick up their children. We do not want students going outside to wait for a ride.
- In the event the class size does not warrant the class to open, we reserve the right to cancel a class or combine with a similar class type.
- There are no refunds for cancellations made less than ten days prior to start of session. (All cancellations subject to a \$10 administrative fee.) Entire summer fee must be paid by first week of session. Any late payments are assessed a \$10 late fee.
- Summer students are eligible for unlimited make up classes. If you miss it, you can make it up!

## MORE SUMMER FUN!!!

**LUNCH BUNCH:** This program is great for our morning students whose classes end at noon. Bring a lunch and \$5 and you can stay until 1:00! We will eat lunch followed by open gym. Minimum 4 kids.  
Tuesdays 12:00 – 1:00

**OPEN GYM:** Keep the kids cool this summer by dropping them off at Open Gym - Wednesday afternoons, 12:00 – 2:00, ages 5 and up. Only \$10 for students, and \$15 for non-students. All participants must have completed waiver on file. No pre-registration necessary.

**TOT OPEN GYM:** A great time to learn and bond with your child! Parent participation required.  
Wednesday afternoons, 12:00 – 1:00, ages 6 & under, \$5 per child.

**BIRTHDAY PARTIES:** 90 minutes: 1 hour of structured gym time, 30 min. for gifts/cake time. Prices starting at \$150. Face painting available. FUN! FUN! FUN! Call for available times.

## fUn FRiDaYS

Every Friday during our summer session from 9 am – noon  
Sign up for just one or hit them all! (Must register in advance)  
Price decreases each week.

## FUN FRIDAY THEMES:

June 9: Beach Party  
June 16: Cars  
June 23: Around the World  
June 30: Super Heroes  
July 7: United We Handstand  
July 14: Construction Zone  
July 21: Down on the Farm  
July 28: Community Helpers  
Aug 4: Circus  
Aug 11: Photo Booth

## FUN FRIDAY PRICES:

Your 1<sup>st</sup> week: \$22  
Your 2<sup>nd</sup> week: \$20  
Your 3<sup>rd</sup> week: \$18  
Your 4<sup>th</sup> week: \$16.50  
Your 5<sup>th</sup> week: \$15.00  
Your 6<sup>th</sup> week: \$13.50  
Your 7<sup>th</sup> week: \$12  
Your 8<sup>th</sup> week: \$11  
Your 9<sup>th</sup> week: \$10  
Your 10<sup>th</sup> week: \$9

**NO REFUNDS** (for cancellations less than 24 hrs.) **OR MAKE UPS FOR FUN FRIDAY**

**TUMBLE TOTZ: (\$96.50/Summer) 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.

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

**HOPPERS: (\$130/Summer) (must be 3 by start date) 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
10:15 – 11:00	9:30 – 10:15	9:15 – 10:00	4:45 – 5:30
11:15 – 12:00	10:15 – 11:00	10:00 – 10:45	6:15 – 7:00
5:15 – 6:00	11:15 – 12:00	5:15 – 6:00	
7:00 – 7:45	6:15 – 7:00		

**GYM JAMMERS: (\$145/Summer) 5 – 7 yrs., co-ed. 1 HOUR.** 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
10:00 – 11:00	10:00 – 11:00	9:00 – 10:00	4:00 – 5:00
11:00 – 12:00	5:00 – 6:00	11:00 – 12:00	5:00 – 6:00
5:00 – 6:00	7:00 – 8:00	4:00 – 5:00	6:00 – 7:00

**JUNIORS: (\$145/Summer) 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
11:00 – 12:00	10:00 – 11:00	11:00 – 12:00	4:00 – 5:00
4:00 – 5:00	11:00 – 12:00	4:00 – 5:00	5:00 – 6:00
5:00 – 6:00	5:00 – 6:00	5:00 – 6:00	
	6:00 – 7:00		

**FLIPSTERS: (\$145/Summer) 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:00 – 11:00	11:00 – 12:00	10:00 – 11:00	4:00 – 5:00
4:00 – 5:00	5:00 – 6:00	11:00 – 12:00	5:00 – 6:00
6:00 – 7:00	7:00 – 8:00	4:00 – 5:00	7:00 – 8:00
		5:00 – 6:00	

**STARS: (\$191.50/Summer) 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.

MONDAY or TUESDAY	THURSDAY
7:00 – 8:30	7:30 – 9:00

**TAG: by invitation only (\$145/Summer) 4 ½ - 7 yrs.**

TUESDAY or THURSDAY
6:00 – 7:00

**WARRIORS: (\$145/Summer) 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.

MONDAY	WEDNESDAY	THURSDAY
6:00 – 7:00	10:00 – 11:00	6:00 – 7:00

**GLADIATORS: (\$145/Summer) 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.

THURSDAY
7:00 – 8:00

**TUMBLING: (\$145/Summer) 8 & OLDER: 1 Hour.** This class will focus on tumbling using the floor apparatus & trampoline. Students challenged accordingly to their skill level.

TUESDAY
8:00 – 9:00

**SPECIAL POPULATIONS: (\$130/Summer) 8 & OLDER:** This class is designed for students to work on motor skills, strength, and gymnastic basics. Students may be asked to bring an assistant for safety and/or guidance. 45 minutes

THURSDAY
7:00 – 8:00