



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

Registration Dates & Times

Current Summer Students may sign up for classes beginning July 22nd during regular class times.

Open Enrollment will begin August 7th.

2017-2018 School Year Class Schedule

36 Week Session, pay by month or by semester. **All students enrolling will be entered for the entire school year unless we receive written notice to discontinue.**

1st Semester: **August 21—December 16 (16 Weeks)**
(Thanksgiving Break Nov. 20—25)

2nd Semester: **January 2— May 26 (20 Weeks)**
(Spring Break March 12—16)

There are no classes held during Thanksgiving Break and Spring Break, and no tuition is charged. We will have a 2 week Christmas Break. We will be having lots of fun activities going on during those times! Watch for more information as the breaks get closer!!

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.

Registration Requirements:

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 1/2 of the semester 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.

\$25 annual registration fee is required of all students (if due for renewal).

ALL STUDENTS must have a completed waiver form .

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 session fee must be paid by first week of session. Any late payments are assessed a \$10 late fee.

2017-2018 CLASSES

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—8:00 \$53.50/mo. OR \$192.50/1st semester, \$240.75/2nd 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.

FRIDAYS 10:15—11:15.

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

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.

\$39.50/mo. OR \$142.25/1st semester, \$175.50/2nd semester

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

HOPPERS: (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.

\$53.50/mo. OR \$192.50/1st semester, \$240.75/2nd semester

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00—5:45	9:30 – 10:15	10:15—11:00	4:15—5:00	9:30—10:15	9:00—9:45
6:15—7:00	10:15 – 11:00	4:15—5:00	5:00—5:45	11:15—12:00	9:45—10:30
7:00—7:45	5:00—5:45	5:00—5:45	6:15—7:00		
	5:45—6:30	6:30—7:15			
	6:30—7:15				

GYM JAMMERS: 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.

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:00—6:00	4:00—5:00	4:00—5:00	4:00 – 5:00	9:30—10:30
6:00—7:00	5:00 – 6:00	5:00—6:00	5:00 – 6:00	10:30—11:30
7:00—8:00	6:00—7:00	6:00—7:00		11:30—12:30
	7:00—8:00	7:00—8:00		

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.

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00—5:00	5:00—6:00	4:00—5:00	4:00 – 5:00	10:30—11:30
5:00—6:00		5:00—6:00	5:00 – 6:00	11:30—12:30
6:00—7:00		7:00—8:00	6:00—7:00	
7:00—8:00			7:00—8:00	

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.

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00—5:00	4:00—5:00	4:00—5:00	4:00 – 5:00	11:30—12:30
5:00—6:00	5:00 – 6:00	5:00—6:00	5:00 – 6:00	
6:00—7:00	6:00—7:00	6:00—7:00	6:00—7:00	
7:00—8:00	7:00—8:00	7:00—8:00		

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.

\$78.50/mo. OR \$282.50/1st semester, \$353.25/2nd semester

MONDAY	TUESDAY	THURSDAY
7:00 – 8:30	4:30—6:00	7:00 – 8:30

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.

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester **TUESDAY** 4:00—5:00 or 7:00—8:00 **WEDNESDAY** 6:00—7:00

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 6:00—7:00

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

TUMBLING: 8 & OLDER: 1 Hour. This class will focus on tumbling using the floor apparatus & trampoline. Students challenged according to their skill level.

MONDAY 7:15—8:15

\$59.50/mo. OR \$214/1st semester, \$267.75/2nd semester

TAG: 4 1/2—7 yrs, invitation only.

MONDAY & THURSDAY 6:00—7:00

\$96/mo. OR \$345.50/1st semester, \$432/2nd semester