

# 2018 SUMMER CLASSES

**10 WEEK SESSION**  
**JUNE 4 – AUGUST 11**



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

Open Enrollment begins Monday, March 19<sup>th</sup>. Sign up online at [www.somersaultsgym.com](http://www.somersaultsgym.com) thru the Parent Portal, or stop by the office.

Summer Office Hours are 9:00 a.m. – 12:00 p.m. & 4:00 – 7:30 p.m. Mon. – Thurs.

### Registration Requirements:

1. June Tuition is due at time of registration to reserve your spot.
2. \$9 Summer Registration Fee is required of all students.
3. ALL STUDENTS must have a completed waiver form for 2017-2018

### 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.

**Private Lessons:** Call 319-366-7040 or stop by the office to schedule a private lesson. \$60/hour.

**Drop-In Classes:** Somersaults now offers drop-in classes for Juniors and under. Bring a friend! Please call ahead to reserve your spot. Participants must be in age appropriate class. All participants must have a current waiver on file.

### FUN FRIDAY THEMES:

## 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.

June 8: CANDYLAND!

June 15: I can Balance...can you?

June 22: It's a JUNGLE in here

June 29: I am Ninja

July 6: United We Handstand

July 13: Food Frenzy

July 20: All Sports

July 27: Caterpillars, inchworms, butterflies, and ants...Your 8<sup>th</sup> week: \$13

Aug 3: At the Movies

Aug 10: It's a Pirate's life...Aargh!

### FUN FRIDAY PRICES:

Your 1<sup>st</sup> week: \$24

Your 2<sup>nd</sup> week: \$22

Your 3<sup>rd</sup> week: \$20

Your 4<sup>th</sup> week: \$18.50

Your 5<sup>th</sup> week: \$17.00

Your 6<sup>th</sup> week: \$15.50

Your 7<sup>th</sup> week: \$14

Your 8<sup>th</sup> week: \$13

Your 9<sup>th</sup> week: \$12

Your 10<sup>th</sup> week: \$11

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

## SKILL CLINICS - Wednesdays 6:00 – 7:30 (\$22 per clinic)

June 6<sup>th</sup>: Back Handspring (Flipsters & up)    July 4<sup>th</sup>: None    Aug. 1<sup>st</sup>: Flipping Skills (Flipsters & up)  
 June 13<sup>th</sup>: Tumbling Basics (Ages 6 & up)    July 11<sup>th</sup>: Back Handspring (Flipsters & up)    Aug. 8<sup>th</sup>: Back Handspring (Flipsters & up)  
 June 20<sup>th</sup>: Back Handspring (Flipsters & up)    July 18<sup>th</sup>: Beginner Skills (Ages 5 and up)  
 June 27<sup>th</sup>: Beginner Skills (Ages 5 and up)    July 25<sup>th</sup>: Back Handspring (Flipsters & up)

**TUMBLE TOTZ: (\$41.50/Month)** 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. **\$12.00 Drop-in Rate**

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

**HOPPERS: (\$56.25/Month)** (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	5:00 – 5:45
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		<b>\$15.50 Drop-in Rate</b>

**GYM JAMMERS: (\$62.50/Month)** 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	5:00 – 6:00
11:00 – 12:00	5:00 – 6:00	11:00 – 12:00	6:00 – 7:00
5:00 – 6:00	7:00 – 8:00		7:00 – 8:00 <b>\$17.25 Drop-in Rate</b>

**JUNIORS: (\$62.50/Month)** 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	5:00 – 6:00
5:00 – 6:00	11:00 – 12:00	5:00 – 6:00	
	5:00 – 6:00		
	6:00 – 7:00		<b>\$17.25 Drop-in Rate</b>

**FLIPSTERS: (\$62.50/Month)** 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	5:00 – 6:00
6:00 – 7:00	5:00 – 6:00	11:00 – 12:00	7:00 – 8:00
	7:00 – 8:00	5:00 – 6:00	8:00 – 9:00

**STARS: (\$82.50/Month)** 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 (\$62.50/Month) 4 ½ - 7 yrs.**

TUESDAY or THURSDAY
6:00 – 7:00

**WARRIORS: (\$62.50/Month)** 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: (\$62.50/Month)** 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.

MONDAY
7:00 – 8:00

**TUMBLING: (\$62.50/Month) 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

**Unlimited makeups during the Summer Session!!**