



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 immediately during regular class times.

**Open Enrollment** will begin July 15th.

## 2018-2019 School Year Class Schedule

37 Week Session. *All students enrolling will be entered for the entire school year unless we receive written notice to discontinue.*

Fall Semester: **August 20—December 22 (17 Weeks)**  
(Thanksgiving Break Nov. 19—24)

Spring Semester: **January 7— June 1 (20 Weeks)**  
(Spring Break March 18—22)

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:**

A per semester registration fee is required of all students (\$12 fall semester, \$15 spring semester).  
ALL STUDENTS must have a completed waiver form for 2018-2019.

#### **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.) Any late payments are assessed a \$10 late fee.

#### **SPECIAL PROGRAMS:**

**Open Gym:** Every Saturday 12:30—2:30 pm. Ages 5 and up, drop in. Extra work out time to get those tougher skills! **\$10 for Students \$15 for Non-Students. All participants must have a current waiver on file.**

**Tot Open Gym:** Every Friday 12:00—1:00. Ages 6 and under, drop in. A great time to bond with your child! **\$5 per student. Parent participation required. All participants must have a current waiver on file.**

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

## **2018-2019 CLASSES**

**SPECIAL POPULATIONS:** 8—18yrs., 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 45 minute class, \$56.25 per month**

**HOMESCHOOL FITNASTICS:** 5 yrs and up, co-ed. 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. 1 hour class, \$62.50 per month**

**TUMBLE TOTZ:** Walkers—3 yrs.. 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.

**30 minute class, \$41.50 per month.**

| MONDAY    | TUESDAY      | WEDNESDAY   | THURSDAY    | FRIDAY     | SATURDAY  |
|-----------|--------------|-------------|-------------|------------|-----------|
| 5:30—6:00 | 9:30 – 10:00 | 6:00 – 6:30 | 6:00 – 6:30 | 9:30—10:00 | 9:00—9:30 |

**HOPPERS:** (must be 3 by start date) 3–5 yrs.. 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.

**45 minute class, \$56.25 per month.**

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

**GYM JAMMERS:** 5–7 yrs., co-ed. 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.

**1 hour class, \$62.50 per month.**

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

**JUNIORS:** Girls, 7 yrs. and up. 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. **1 hour class, \$62.50 per month.**

| MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | SATURDAY    |
|-----------|-----------|-----------|-----------|-------------|
| 4:15—5:15 | 4:00—5:00 | 4:00—5:00 | 6:00—7:00 | 10:30—11:30 |
| 5:15—6:15 | 5:00—6:00 | 5:00—6:00 | 7:00—8:00 | 11:30—12:30 |
| 6:15—7:15 | 6:00—7:00 | 6:15—7:15 |           |             |
| 7:15—8:15 |           |           |           |             |

**FLIPSTERS:** Girls must have passed all requirements of the Jammers and Juniors classes. 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.

**1 hour class, \$62.50 per month.**

| MONDAY    | TUESDAY     | WEDNESDAY | THURSDAY    | SATURDAY    |
|-----------|-------------|-----------|-------------|-------------|
| 4:15—5:15 | 4:00—5:00   | 4:00—5:00 | 4:00 – 5:00 | 11:30—12:30 |
| 5:15—6:15 | 5:00 – 6:00 | 5:00—6:00 | 5:00 – 6:00 |             |
| 6:15—7:15 | 6:00—7:00   | 6:15—7:15 | 6:00—7:00   |             |
| 7:15—8:15 |             |           |             |             |

**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.

**90 minute class, \$82.50 per month.**

| MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  |
|-----------|-----------|-----------|-----------|
| 4:30—6:00 | 7:00—8:30 | 4:30—6:00 | 7:00—8:30 |

## BOYS GYMNASTICS

**WARRIORS:** Boys, 7 yrs. and up. 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 7:00—8:00**

**THURSDAY 5:00—6:00**

**1 hour class, \$62.50 per month.**

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

**WEDNESDAY 7:30—8:30**

**1 hour class, \$62.50 per month.**