

2020 Summer Classes

10 Week Session
June 8—August 15



325 Waconia Ct 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:

Open Enrollment begins Wednesday, April 1st. Sign up online at 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 2020-2021.

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.
- 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.
- When you register, you are enrolled for the entire 10 week session. Parents must notify the office to drop a student from class.
- 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.

MORE SUMMER FUN!!!

TOT OPEN GYM: A great time to learn and bond with your child! Parent participation required. Friday 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 Beginners 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 FRIDAYS

Every Friday during our summer session from 9 am—noon. Sign up for just one or hit them all! (Must register in advance.)
\$20 per class.

FUN FRIDAY THEMES

June 12: Wild West
June 19: It's a Jungle
June 26: All Sports
July 10: Bugs, Bugs, Bugs
July 17: Camping
July 24: Beach Party
July 31: Backwards Week
Aug 7: Food Frenzy
Aug 14: At the Movies

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

TUMBLE TOTZ: (\$43.75/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. Class is held in the Launch Pad. **\$13.00 Drop-in Rate**

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

HOP N’ JAMMERS: (\$59.75/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. Class is held in the Launch Pad. **\$16.50 Drop –In Rate**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-------------|-------------|-------------|---------------|
| 5:00 – 5:45 | 5:15 – 6:00 | 10:00—10:45 | 9:30 – 10:15 |
| 5:45 – 6:30 | 6:30 – 7:15 | 11:00—11:45 | 10:15 – 11:00 |
| 7:00 -7:45 | | 5:00—5:45 | 11:00– 11:45 |
| | | 6:30—7:15 | 5:00 – 5:45 |
| | | | 6:00 – 6:45 |

BEGINNER GIRLS: (\$66.50/Month) Girls, 6 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. **\$18.25 Drop- In Rate**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-------------|-------------|---------------|---------------|
| 5:00 – 6:00 | 5:00 – 6:00 | 10:00 – 11:00 | 10:00 – 11:00 |
| 6:00 – 7:00 | 6:00—7:00 | 11:00 – 12:00 | 11:00 – 12:00 |
| 7:00 – 8:00 | 7:00—8:00 | 5:00 – 6:00 | 5:00 – 6:00 |
| | | 7:00 – 8:00 | 6:00 -7:00 |
| | | | 7:00 -8:00 |

INTERMEDIATE GIRLS: (\$66.50/Month) Girls must have passed all requirements of the Beginner Girls class. 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. (20% Discount for 2nd class.)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-------------|-------------|---------------|-------------|
| 5:00 – 6:00 | 5:00 – 6:00 | 10:00 – 11:00 | 10:00—11:00 |
| 6:00 – 7:00 | 6:00 -7:00 | 11:00 – 12:00 | 11:00-12:00 |
| | | 5:00 – 6:00 | 5:00 –6:00 |
| | | 7:00 – 8:00 | 6:00- 7:00 |

ADVANCED GIRLS: (\$87.50/Month) Girls must have mastered all skills in the Intermediate 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. (20 % Discount for 2nd class.)

| MONDAY | THURSDAY |
|-------------|-------------|
| 7:00 – 8:30 | 7:00 – 8:30 |

CHEER/DANCE TUMBLING: 8 & OLDER: This class will focus on tumbling using the floor apparatus & trampoline. Students challenged according to their skill level. 1 hour class, \$66.50/Month

| WEDNESDAY |
|-----------|
| 8:00—9:00 |

BOYS GYMNASTICS: (\$66.50/Month) Boys, 6yrs. 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.

| WEDNESDAY |
|-------------|
| 6:00 – 7:00 |

FRIDAY FUNDAMENTALS - Fridays 6:00 – 7:30 (\$22 per clinic)

June 19th: Back Handspring Clinic (Intermediate Girls & Up)
 July 10th: Back Handspring Clinic (Intermediate Girls & Up)
 August 7th: Back Handspring Clinic (Intermediate Girls & Up)

Unlimited make-ups during the Summer Session! (If space available)