

# Eagles Gymnastics Centre

## SUMMER 2009



### Preschool Gymnastics

**Eagles Mighty Munchkin Program** concentrates on gross motor development for boys and girls from age 12 months to 5 years. Classes consist of Movement to music, loco motor education, flexibility, body awareness and development of coordination through the use of basic gymnastics and games.



45 minute classes	MON	TUE	WED	THUR	FRI	SAT
<b>PARENT &amp; TOT</b> 12 months to 4 yrs.			9:30			9:30
<b>MIGHTY MUNCHKIN 2</b> (2 TO 3 yrs.)		11:15 5:30	10:15			10:15
<b>MIGHTY MUNCHKIN 3,4</b> (3 TO 4 yrs.)		10:30 11:15 6:15	10:15			11:00
<b>MIGHTY MUNCHKIN 4</b> (4 TO 5 yrs.)		10:30	11:15			
<b>BOYS</b> (3 TO 6 yrs.)				4:00		
55 minute classes	MON	TUE	WED	THUR	FRI	SAT
<b>MIGHTY MUNCHKIN 5,6</b> (5 TO 6 yrs.) Boys & Girls		9:30	11:00			
MIGHTY MUNCHKIN ADVANCED PROGRAM (by invitation only)						
	MON	TUE	WED	THUR	FRI	SAT
<b>HOT SHOTS</b>		12:30-1:30		12:30-1:30		
<b>MINI STAR</b>		1:30-3:00		1:30-3:00		

# Girls Levels Gymnastics

Girls age 5 and older may enter “**Eagles Levels Program**”. In this program, all beginners start at Level I regardless of age and progress through the levels by mastering skills in each level. The gymnast’s progress is recorded on a skill card – when the skill card is completed, the child moves on to the next level. Classes consist of all the Olympic Events, Vault, Bars, Beam and Floor as well as Trampoline and Dance. Games and Activities for fitness are also included!

55 minute classes	MON	TUE	WED	THUR	FRI	SAT
5 - 6 years		4:00	6:00	5:00		11:30
7 - 8 years	4:00 7:00	5:00	7:00	6:00		9:30
9 years & up		7:00				10:30

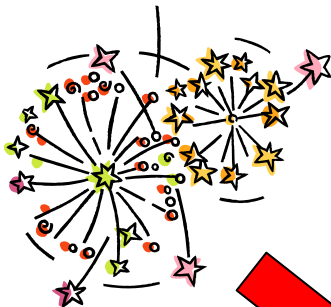


## Tumbling

This program is designed for accelerated progression of tumbling for cheerleading or gymnastics and trampoline skills. Running or power hurdle round-off required for intermediate level. Advanced level must have completed Intermediate or have been evaluated for this class by the tumbling director.

55 min. classes	MON	TUE	WED	THUR
Beginning	5:00		5:00	
Intermediate		6:00		6:00
Advanced				7:00

Come experience all of the aspects of a traditional Tumbling class combined with the Fun of learning **CHEERLEADING!**



## Trampoline

**Designed to fine tune trampoline skills while developing new skills & techniques.**

55 minute class

Age 5 years & up

Thursday 7:00



## Boys Gymnastics

Boys progress from beginner to more advanced skills on tumbling, trampoline, rings, parallel bars, vaulting, and pommel horse.



55 minute classes	MON	WED
Boys (5 & Up)	6:00	4:00

## EAGLES CHEER UNIVERSITY



E.C.U. is a co-ed program designed to teach and perfect cheerleading skills, focusing on motion technique, proper jump execution and landing, safe stunting skills, formation transitions and cheers and chants.

CHEER TEAM	TUE 5:00-7:00
Tumble Cheer (6 yrs. & up)	TUE 6:00-7:00
Tumble Cheer (3 TO 5 yrs.) This class is specially designed for our Mighty Munchkins Ages 3-5	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Call the office for current class times!</p> </div>



# EAGLES

## OPEN GYM

Open Gym is a great time for students to come to practice skills learned in class and work on any equipment they want. Supervised by a coach but not a class, Open Gym is not restricted to Eagles members.

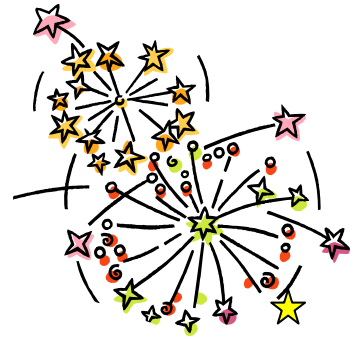
**Students are welcome to invite a friend.**

★ 1 hour Recreational Open Gym is \$6.00 for Eagles members and \$8.00 for guests

**Recreational**

**1 hour**

**Wed. 7:00**



## TUITION

Class Length	Number of classes	1 Month	*2 Mo. Payment w/\$5.00 Discount if paid before the 1st
45 Minute	1 per week	52.00	99.00
	2 per week	94.00	183.00
55 Minute	1 per week	59.00	113.00
	2 per week	100.00	195.00
	3 per week	142.00	279.00
	4 per week	181.00	357.00
1 ½ Hour	1 per week	87.00	169.00
PARENT & TOT	1 per week	40.00	75.00
	2 per week	65.00	125.00
HOT SHOTS	2 per week	100.00	
MINI STARS	(2) 1 ½ hour per wk	142.00	

### REGISTRATION FEE

The annual registration fee of \$40.00 is due for each student in September of each year or upon signing up for classes. The registration fee for additional members of the same family is \$29.00.

### FAMILY DISCOUNTS...

For three members of the same family taking class you may deduct 10% off the entire amount owed for the billing period.. (Team program members excluded).

### LATE FEE...

A \$10.00 late fee will be charged if payment is not received by the first class of the month.

### PAYMENT...

Eagles accepts cash and checks. For your convenience we also accept Visa and MasterCard (credit or debit).

***ALL TUITION AND REGISTRATION FEES ARE NONREFUNDABLE.***