

## CLASS SCHEDULE

### Monday

9:00 – 9:45 Tiny Tumblers  
 9:00 – 9:45 Preschool  
 9:45 – 11:00 Beginners  
 9:45 – 11:00 Boys Beginners  
 10:00 – 1:00 Team  
 10:00 – 1:00 High School  
 10:30 – 12:00 Advanced Beginners  
 11:00 – 1:00 Intermediates  
 11:00 – 1:00 Boys Intermediates  
 4:15 – 5:00 Preschool  
 4:15 – 5:30 Beginners  
 4:15 – 5:30 Boys Beginners  
 5:00 – 7:00 Preteam  
 7:00 – 8:00 Open Gym  
 8:00 – 9:15 Adult Class

### Tuesday

9:00 - 9:45 Preschool  
 9:00 – 10:15 Beginners  
 9:00 – 12:00 Team  
 9:00 – 12:00 High School  
 9:30 – 11:00 Advanced Beginners  
 12:15 – 1:00 Super Heroes  
 4:15 – 5:00 Tiny Tumblers  
 4:15 – 5:00 Preschool  
 5:00 – 6:30 Advanced Beginners  
 5:00 – 7:00 Intermediates  
 5:00 – 7:00 Boys Intermediates  
 5:00 – 7:00 Warriors  
 5:45 – 7:00 Beginners  
 6:15 – 7:00 Preschool  
 7:00 – 8:00 Open Gym

### Wednesday

9:00 – 9:45 Tiny Tumblers  
 9:00 – 9:45 Preschool  
 9:45 – 11:00 Beginners  
 10:00 – 1:00 Team  
 10:00 – 1:00 High School  
 4:15 – 5:00 Preschool  
 5:00 – 8:00 Boys Team  
 5:15 – 6:30 Beginners  
 6:00 – 8:00 Intermediates  
 6:30 – 7:45 Juniors

### Thursday

9:00 – 9:45 Preschool  
 9:00 – 10:15 Beginners  
 9:00 – 10:15 Boys Beginners  
 9:00 – 12:00 Team  
 9:00 – 12:00 High School  
 10:30 – 12:00 Advanced Beginners  
 10:30 - 12:30 Intermediates  
 10:30 – 12:30 Warriors  
 10:30 – 12:30 Preteam  
 5:45 – 6:30 Tiny Tumblers  
 5:45 – 6:30 Preschool  
 6:30 – 7:45 Beginner  
 6:30 – 8:00 Advanced Beginners

### Registration Guidelines

In order to provide you excellent service, please note these guidelines:

- Payment required before child is allowed to participate
- Availability based on first prepaid
- Daytime Preschool classes limited to 7
- Need 4+ gymnasts for class to run
- No walk-ins please
- Scholarships/special payment arrangements available
- Plan make-ups within the session
- Check our website [northfieldgymnastics.com](http://northfieldgymnastics.com) for class availability and updates

*Our Club is a nonprofit organization dedicated to the safety of each child. Our goal is to improve each child's body awareness, increase flexibility, teach skills with correct body position, and have fun!*

*Birthdays Parties at our Gym - Awesome!*

## REGISTRATION FORM

Name

Age

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Parents/Guardian \_\_\_\_\_

List any medical conditions \_\_\_\_\_

I fully understand that gymnastic activities may be dangerous and that the gymnast is exposed to the risk of injury. I hereby give permission for my daughter/son listed above to participate in the program and activities of the Northfield Gymnastics Club and release the Club and Instructors from any liability resulting from participation.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Requested Class Information:</b>	
<b>Session: Su1, Su2, Su3, 2009</b>	
Class: TT, PS, B, BB, J, AB, I, BI, SH W, PT, Team, BT, HS, AC	
Day/Time(s):	
Total 1st Child :	\$
Additional Siblings:	\$
Additional Siblings:	\$
Subtotal:	\$
Sibling Discount*:	-\$
<b>TOTAL</b>	<b>\$</b>

\*Sibling Discount - 1<sup>st</sup> child full tuition, each sibling after \$5 off

Checks to: **Northfield Gymnastics Club**

\_\_\_ Visa \_\_\_ MasterCard \_\_\_ Discover

Exp. Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

## CLASS DESCRIPTIONS

Prices listed are for the entire session.  
Tiny Tumblers through Preteam classes follow the Summer 1, 2, & 3 sessions.

If you come: once a week twice a week

**Tiny Tumblers TT**      \$25                  \$45  
For children younger than preschool - explore the gym and play with their parents/grandparents, a wonderful opportunity for your child to become familiar and comfortable with the gymnastics club. This class is a family fee and not per child fee.

**Preschool PS**              \$25                  \$45  
For children 3-5 years old, learning basic skills and other activities while growing accustomed to the structure of a gymnastics class.

**Beginners B**                \$35                  \$55  
For children 5+, gymnasts learn basic skills of gymnastics on four main events (bars, beam, floor, vault) and utilizing other equipment for learning and fun.

**Boys Beginners BB**      \$35                  \$55  
For boys 5+, gymnasts learn basic skills of men's gymnastics using the floor, vault, parallel bars, pommel horse and rings along with other equipment.

**Juniors J**                    \$35                  N/A  
This is a Beginners class, but for youth age 10-14 (approx).

**Adv. Beginners AB**      \$40                  \$65  
For gymnasts who have passed the Beginners test OR are age 9+. Gymnasts begin to learn more difficult basic skills in the four main women's events and other equipment for progression.

**Intermediates I**          \$50                  \$75  
For gymnasts who have passed Advanced Beginners. More focus on critiquing previous skills learned as well as learning new difficult ones. Gymnasts gain more independence in structure of practice.

**Boys Int. BI**                \$50                  \$75  
For boys who have mastered the Beginners Boys skills through testing that are ready for a more advanced progression of skills. Boys utilize all six men's events.

**Warriors W**                \$50                  \$75  
After testing out of Intermediates, with a focus on technique and form, participants will enhance their level of gymnastics and be guided through challenging skills.

**Preteam PT**                N/A                  \$60  
When chosen by head coach, for gymnasts serious about performing at a competitive level and prepared to move up to a competitive team when invited, and with a focus on skill progression and excellence, Preteam readies the gymnast physically, emotionally, and mentally for competition. Gymnasts must also commit to performing in 2-3 competitions a year.

**Super Heroes SH**        \$25                  N/A  
Adventure without gymnastics instruction! Super Heroes offers extreme activity through participation in challenges, relays, and playing the rescue role of a super hero while swinging from ropes, leaping into pits, and racing over obstacles.

**Adult Classes AC**        \$40                  N/A  
A class for adults with a gymnastics background. Stretching and conditioning will be combined with drilling basic gymnastic skills and learning advanced skills and progressions. The goal is to improve physical fitness in a fun and challenging manner.

**Team and High School practice will be June 8 - August 27<sup>th</sup>. Team & High School practice time will be held at 3:30-6:30 during camp weeks.**

**Team (Pay Monthly)**

2x/week      \$ 95

3x/week      \$120

**High School HS (Pay Monthly)**

1x/week      \$ 50

2x/week      \$ 95

Open to any high school gymnast.

**Boys Team - (Pay Monthly)**

Boys Team will practice June 17 - August 27<sup>th</sup> from 5:00-8:00pm

1x/week      \$ 50

**Open Gym**                \$5 each time

Explore and play in the gym for one hour. Enrollment is not required). Children under 5 must be accompanied by an adult. Open Gym may be used as a make-up class.



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## Class Schedule and Registration Form

*Summer 2009*

*Summer 1 – June 15 - July 2*

*Summer 2 – July 13 – 30*

*Summer 3 – Aug 10 – 27*

### *Competitive Level Skill Camp*

*Camp 1 – June 8 – 11*

*Camp 2 – July 6 – 9*

*Camp 3 – August 3 - 6*

### *Recreational Level Mini Camp*

*Camp 1 – June 12*

*Camp 2 - July 10*

*Camp 3 - August 7*

***Where Fitness, Confidence, and Excellence Go Hand in Hand With Gymnastics***