

# Session I

August 30-October 23, 2010

All classes subject to availability

Gymnastics/tumbling/rhythmic classes  
are \$128/8 week session.

Dance classes are \$80/8 weeks

\$45 annual family registration fee

15% discount on siblings

[www.integritygym.com](http://www.integritygym.com)

8185 Business Way, Plain City, OH 43064

PH: 614-733-0818

Fax: 614-873-7785



## Girls Gymnastics

60 Minute Class

Includes all 4 Olympic events AND trampoline

### Little Dolls (5-6)

M: 11:00am John  
M: 1:00pm Stan  
M: 5:00pm Sarah  
T: 12:30pm Jimmy  
T: 5:00pm Sarah  
W: 6:00pm Sarah  
W: 6:30pm John  
R: 10:30am John  
F: 4:30pm John

### Level II/III (6 & up)

M: 6:30pm John  
T: 7:00pm Sarah  
W: 5:30pm John  
F: 6:30pm Stan  
S: 11:00am John

### Level III (6 & up)

M: 4:30pm John  
M: 7:00pm Sarah  
F: 6:30pm John



### Level III/IV (6 & up)

W: 4:30pm John  
F: 5:30pm Stan  
S: 12:00pm John

### Level I (6-10)

T: 4:30pm John  
T: 6:00pm Sarah  
R: 9:45am Karen  
S: 9:00am John

### Level IV & up

M: 7:30pm John  
T: 7:30pm John  
R: 7:30pm John

### Level I/II (6-10)

T: 6:30pm John  
W: 4:30pm John  
W: 7:00pm John  
R: 4:30pm John  
F: 4:30pm Stan

### Level Tumble Only (9 & up)

W: 7:30pm John

### Level II (6-10)

M: 6:00pm Sarah  
T: 4:30pm Chelsea  
W: 5:00pm Sarah  
F: 5:30pm John

## Boys Gymnastics

60 Minute Class

Includes all 6 Olympic events  
AND trampoline

### Little Dudes (4-6)

M: 10:00am John  
M: 12:00pm John  
T: 11:45am Stan  
W: 5:30pm Stan  
R: 9:30am John/John K  
R: 11:30am John  
R: 5:30pm John  
S: 10:00am John/Nate



### Level I/II (6-10)

T: 5:30pm John  
W: 6:30pm Stan  
R: 6:30pm John

### Level II/III (6-10)

W: 7:30pm Stan  
F: 6:30pm John

### Level III and above (6 & up)

M: 5:30pm John  
S: 1:00pm John



### X-TREME CLASS

Will be returning  
in the next  
session starting  
October 25!

## Open Gym Ages 6&up

**Fridays 7:30-9:00 PM**

Cost is \$8 for non-enrolled

Cost is \$5 for enrolled

Need to have signed waiver to  
participate.

## TumbleBeez Preschool

45 Minute Class

### Wee Beez (18M - 2Yrs)

Parent participation required

M: 9:30am Nate  
M: 5:45pm Kathy  
W: 9:45am Amy L  
S: 9:30am Karen

### Bouncy Beez (3 Yrs)

M: 10:15am Nate/Karen  
M: 2:00pm Stan (w/Buzz)  
M: 5:00pm Kathy  
M: 5:30pm Amy L  
T: 11:15am Jimmy/Nate  
T: 5:00pm Amy L  
W: 10:30am Amy L  
W: 1:00pm Stan (w/Buzz)  
W: 1:45pm Stan (w/Buzz)  
R: 9:45am Amy L  
R: 6:00pm Amy L  
S: 10:15am Karen (w/Buzz)

### Buzz Beez (4 Yrs)

M: 11:00am Karen  
M: 2:00pm Stan (w/ Bouncy)  
M: 6:30pm Kathy  
T: 10:30am Jimmy  
T: 5:45pm Amy L  
W: 1:00pm Stan (w/Bouncy)  
W: 1:45pm Stan (w/Bouncy)  
R: 10:30am Amy L  
R: 6:45pm Amy L  
F: 10:15am Nate  
S: 10:15am Karen (w/Bouncy)

### Power Pack (4-5yr)

A 1 hour class which exposes the child to gymnastics, cheer, rhythmic & TNT

M: 1:00pm Karen  
T: 10:45am Stan  
W: 9:45am Karen  
F: 11:00am Nate  
S: 11:00am Karen

### Jumping Beez (3-4yr)

(preschool class with extra emphasis on trampoline)

W: 11:15am Amy L  
R: 10:30am John K

Preschool Open Gym (\$6  
non- enrolled, \$3 enrolled)

For Ages 18M-5 yr.

T: 9:30am-10:30am

F: 9:00am-10:00am

## Cheer and Tumble

60 Minute Class



### Cheer 6-10 Level I

W: 4:00pm

### Cheer 6-10 Level II

T: 7:00pm

F: 6:30pm

### Cheer MSHS Level II

T: 5:00pm

T: 8:00pm

W: 4:00pm

### Cheer Level IV

T: 7:00pm

### Cheer Mommy & Me

M: 10:00am

T: 11:00am

W: 10:00am

### Flyer Flex

F: 4:00pm

### Cheer Level I/II

R: 6:00pm

### Cheer Level II

R: 5:00pm

### Cheer 6-10 Level III

R: 4:00pm

### Cheer MSHS Level IV

W: 8:00pm

### Tiny Cheer

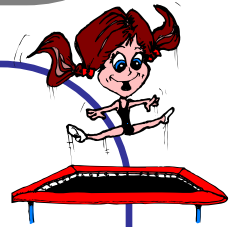
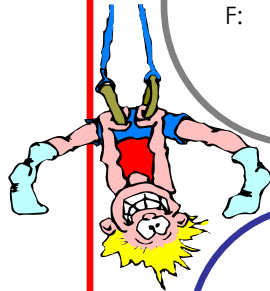
W: 11:00am

R: 6:00pm

F: 5:30pm

### Open Tumble

T: 5:00pm



## Trampoline and Tumbling

60 Minute Class w/coaches Nate and Andrea

Anyone interested in competition for TNT contact Nate.

### Level I ages 5 and up

M: 5:00pm

T: 5:00pm

R: 1:00pm

R: 6:00pm

### Level II

T: 6:00pm

W: 5:30pm

R: 7:00pm

### Level I/II

M: 5:00pm

W: 6:30pm

R: 1:00pm

F: 6:30pm

### Level II/III

T: 4:00pm

W: 5:30pm

R: 4:00pm

F: 5:30pm

### Level III

M: 4:00pm

W: 7:30 pm

R: 5:00pm

### Level IV and up

M: 7:30pm

F: 4:30pm

### Rec Team (extra cost)

M: 6:00-7:30pm

W: 4:00-5:30pm

## Integrity Dance Classes

\$80/8 week session



### Creative Movement (ages 3-4)(45 mins)

M: 12:00pm Karen

R: 11:30am Karen

### Ballet Jazz Combo(ages 4-5)(45 mins)

W: 1:00pm Karen

R: 1:30pm Karen

### Ballet Gym Combo(ages 4-5) (45 mins)

R: 12:30pm Karen

### Ballet 1(beginner) ages 5-7 (1 hr)

M: 4:30pm Karen

R: 5:30pm Karen

### Ballet 1 (beginner) ages 8up (1hr)

M: 6:30pm Karen

R: 7:30pm Karen

### Ballet 2 (intermed) ages 5-7 (1hr)

W: 6:00pm Karen

### Ballet 2 (intermed) ages 8up (1hr)

W: 7:00pm Karen

### Jazz 1(beginner) ages 5-7(1hr)

M; 5:30pm Karen

R: 4:30pm Karen

### Jazz 1(beginner) ages 8up (1hr)

M: 7:30pm Karen

R: 6:30pm Karen

### Hip Hop (ages 5-8) 1hr

T: 5:00pm Julie

### Hip Hop (ages 9-12) 1hr

T: 6:00pm Julie

### Hop Hop (ages13up) 1hr

T: 7:00pm Julie

Creative Movement classes are a combination of ballet, jazz, and gross motor skills.

Ballet Jazz Combo exposes students to classical ballet and jazz techniques.

Ballet Gym Combo lets students experience both classical ballet and artistic gymnastics.

Interested in Dance Show Team?

Contact

[karenisabella@integritygym.com](mailto:karenisabella@integritygym.com)

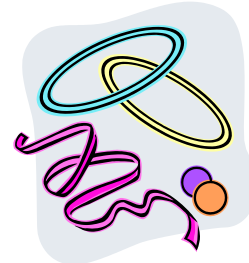
## **Rhythmic Recreation Classes**

### Preschool Rhythmic (ages 4-5)

W: 11:00am Karen

### Beginner Rhythmic (ages5-7)

W: 5:00pm Karen



Interested in Rhythmic  
Competition team?

Contact

[anna.loescher@gmail.com](mailto:anna.loescher@gmail.com)