

Houston Gymnastics Academy:2018 Summer Class Schedule June 4th– August 18th (11 Weeks)

Preschool Gymnastics Classes: Ages 12 months – 5 years old

Class Type	Duration	Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rolly Polly I 12 - 22 Months Old (Parent & Me)	30 min.	\$220.00	11:00 am	10:00am	9:00am	9:00am	11:00 am	9:00am
Rolly Polly II 23 - 30 Months Old (Parent & Me)	45 min.	\$275.00	10:00am	9:00am	11:00 am	11:00 am	10:00am	10:00am
Lovebugs 2.5 - 3 Yrs. Old (Transitional)	45 min.	\$275.00	9:00am 3:45pm	11:00am 3:45pm	10:00am 3:45pm	10:00am 3:45pm	9:00am	11:00am
Fireflies 3 Yrs. Old (Tot Class)	55 min.	\$275.00	9:00am 11:00am 3:45pm 4:45pm 5:45pm	9:00am 11:00am 3:45pm 4:45pm 5:45pm	9:00am 3:45pm 4:45pm 5:45pm	9:00am 10:00am 3:45pm 4:45pm 5:45 pm	9:00 am 3:45 pm 4:45pm	9:00am 10:00am 11:00 am
Butterflies 4 - 5 Yrs. Old (Beginner Girls)	55 min.	\$275.00	10:00am 3:45pm 4:45pm 5:45pm	10:00am 3:45pm 4:45pm 5:45pm	10:00 am 11:00am 3:45pm 4:45pm 5:45pm	11:00am 3:45pm 4:45pm 5:45pm	10:00 am 3:45pm 4:45pm	9:00 am 10:00am 11:00 am
Ladybugs 4 - 5 Yrs. Old (Advanced Girls)	55 min.	\$275.00	3:45pm 4:45 pm	3:45 pm 4:45pm 5:45 pm	3:45pm 4:45pm	3:45pm 4:45 pm 5:45pm		10:00am
Yellow Jackets 4 - 5 Yrs. Old (Beginner Boys)	55 min.	\$275.00	3:45pm 4:45 pm 5:45 pm	3:45 pm 4:45pm 5:45pm	3:45pm 4:45 pm 5:45 pm	3:45 pm 4:45 pm 5:45pm	3:45pm 4:45pm	9:00am
Tiger Beetles 4 - 5 Yrs. Old (Advanced Boys)	55 min.	\$275.00	5:45 pm		5:45 pm			11:00am

Recreational Classes: Ages 6 – 12 years old

Class Type	Duration	Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro to Girl's Rec	70 min.	\$330.00	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	9:00am
Girls Gymnastics Level 1	70 min.	\$330.00	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	10:30am
Girls Gymnastics Level 2	70 min.	\$330.00	3:50pm 5:10pm	3:50pm 5:10 pm 6:30pm	3:50pm 5:10pm	3:50pm 5:10pm 6:30pm	3:50pm 5:10pm	9:00am
Girls Gymnastics Level 3	70 min.	\$330.00	3:50pm 5:10pm	3:50pm 6:30pm	3:50pm 5:10pm	3:50pm 6:30pm	3:50pm 5:10pm	10:30am
Girls Gymnastics Level 4	70 min.	\$330.00		5:10pm		5:10pm		
Boys Gymnastics Level 1	70 min.	\$330.00	3:50pm	5:10pm 6:30pm	5:10pm	3:50pm	3:50pm 5:10pm	9:00am
Boys Gymnastics Level 2	70 min.	\$330.00	5:10pm		3:50pm	5:10pm		10:30am
Boys Gymnastics Level 3	70 min.	\$330.00		3:50pm		6:30pm		
Cheer Tumbling Level 1	70 min.	\$330.00	5:10pm	3:50pm	3:50pm 5:10pm	5:10pm 6:30pm		
Cheer Tumbling Level 2	70 min.	\$330.00	3:50pm	5:10pm		3:50pm		
Cheer Tumbling Level 3	70 min.	\$330.00		6:30pm				
Tumbling & Trampoline Level 1	70 min.	\$330.00	3:50pm	5:10pm	3:50pm 5:10pm	3:50pm 5:10pm		
Tumbling & Trampoline Level 2	70 min.	\$330.00	5:10pm	3:50pm		6:30pm		
Tumbling & Trampoline Level 3	70 min.	\$330.00		6:30pm				

Registration & Discounts	
Registration	\$48.00/per child
Sibling Discount	10% off tuition

Important Dates			
June 4th	First Day of Classes		
August 18th	Last Day of Classes	*July 4th	CLOSED: NO CLASSES

*Tuition is prorated for gym closures.

Houston Gymnastics Academy

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Preschool Gymnastics Classes				
	Parent & Me: Rolly Polly I Rolly Polly II Transitional: Lovebugs*	Tot Class: Fireflies	Beginner: Butterflies Yellow Jackets	Intermediate/ Ladybugs Advanced: Tiger Beetles
Coed	Develop motor skills Parents gradually become non-participants *Coach's approval required for non-participation	Examples of the curriculum: Forward roll, forward beam walk, forward roll on bar, and basic jumps on trampoline		
Girls			Examples of the curriculum: Backward roll, cartwheel, backward beam walk, and run hurdle punch	Examples of the curriculum: Bridge, handstand, forward roll beam, pull-over bar
Boys			Examples of the curriculum: Backward roll, cartwheel, L hang, and tuck jump off board	Examples of the curriculum: Backward roll, bridge, handstand, and straddle travel – P bars

Recreational Gymnastics Classes			
	Level 1/Intro	Level 2	Level 3/4
Girls	Examples of the curriculum: Vault - Run and hurdle technique Bars - Pullover, cast technique Beam - Balances, simple jumps Floor - Bridge, handstand, cartwheel	Examples of the curriculum: Vault - Handstand flat back, dive roll Bars - Back hip circle, front mill circle Beam - Lever, side handstand, tuck jump Floor - Backbend, kick over, handstand forward roll	Examples of the curriculum: Vault - Front handspring Bars - Front hip circle, kip, tap swings Beam - Introduction of dance elements, cartwheel, handstand dismount Floor - Introduction of dance elements, back-walkover, back handspring
Boys	Examples of the curriculum: Floor - Rolls, handstand, cartwheel Pommel - Support swings Rings - Skin the cat, tap swings Vault - Run and hurdle technique P-Bars - Support holds, hops, and walks High Bar - Pullover, cast technique	Examples of the curriculum: Floor - Backbend, kick over, handstand forward roll Pommel - 1/2 double leg circle rear and front Rings - German hang, tucked backflip dismount Vault - Handstand flat back, dive roll P-Bars - Support swing, glide swing, V support High Bar - Back hip circle, chin up pullover	Examples of the curriculum: Floor - Roundoff back handspring Pommel - Flank to rear support (mushroom) Rings - Pike back flip dismount, planche hold Vault - Front handspring vault P-Bars - Upper arm swing, support hold, straddle stand shoulder roll High Bar - Sole circle, knee kip to support

Cheer Tumbling Classes			
	Level 1	Level 2	Level 3
Coed	Examples of the curriculum: Cheer technique, jump training, technique for a round off and back handspring	Examples of the curriculum: Cheer technique, connecting a round off and back handspring and basic technique for forward and backward flips REQUIREMENTS: Proper round off technique and a standing backhand spring (without a spot either on the floor or down an incline mat)	Examples of the curriculum: Incorporating flips into tumbling passes (i.e. tucks, layouts, and twisting techniques) REQUIREMENTS: Proper connected round off back-hand spring technique and fundamental understanding of flipping techniques

Tumbling & Trampoline Classes	
	Level 1 – 2
Coed	Examples of the curriculum: Trampoline - Jump set: tuck, straddle, pike Double Mini - Straddle, pike jump dismount Floor - Back walkover
	Level 3 – 4
	Examples of the curriculum: Trampoline - Front tuck into pit Double Mini - Front tuck Floor - Back handspring

Please make note of the following:

- ◆ Class days and times may change. Please check with the front office for availability.
- ◆ Instructors listed for classes may change due to the following:
 - ◇ The instructor becomes unavailable to teach at that time due to outside commitments.
 - ◇ An instructor may be changed if their expertise is needed in another department.
- ◆ A class may be closed after the second week due to lack of enrollment.
- ◆ If there is a class that you would like to take and it is either full or not available at that time; HGA will open another class with the following criteria:
 - ◇ There are at least 4 students ready to enroll.
 - ◇ There is a coach available to teach the class.
- ◆ There are **NO MAKE-UP CLASSES** for missed classes, no exceptions.
- ◆ We ask that students refrain from bringing valuables to the gym. *NO JEWELRY allowed in the gym*

*****ALL STUDENTS UNDER THE AGE OF 3 MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN AT ALL TIMES*****