


EAGLE GYMNASTICS ACADEMY SCHEDULE

** note classes that will start in Sept 2020 (972) 712 - 4644 www.eaglegymnastics.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 AM Kinder Tot Kindergym 1</p> <p>11:00 AM SuperTot Kinder Tot Kindergym 2</p>	<p>10:00 AM Super Tot Kindergym 1 Kindergym 2</p> <p>11:00 AM Kinder 1 Girls Red Age 5-7 Girls White Age 7-10 Boys Red Age 6-8</p>	<p>10:00 AM SuperTot Kindergym 1</p> <p>11:00 AM Kindergym 1 ** Kindergym 2 **</p>	<p>10:00 AM SuperTot Kindergym 1</p> <p>11:00 AM Kindergym 1 ** Kindergym 2 **</p>	<p>9-noon Music, Muscles & More</p> <p>10:00 AM Kindergym 1 **</p> <p>11:00 AM Tot/Kinder ** Kindergym 1</p>	<p>9:00 AM Tot/Kinder Kindergym 1 Red 1 Red 2</p> <p>10:00 AM Kindergym 1 Red 1 Red 2 White 1</p> <p>11:00 AM SuperTot Kindergym 1 Red 2 Boys Red 1</p> <p>12:00 PM Kindergym 1 Red 1 Tumble 2/3</p>
<p>3:30 PM Red 1</p> <p>4:30 PM Red 2 Blue 1 Boys Red 1 Tumble 1</p> <p>5:00 PM Red 1 White 1</p> <p>5:30 PM Boys White</p> <p>6:00 PM Kindergym 1 Red 1 Red 2 White 2</p> <p>7:00 PM Red 1 White 1 White 2 Tumble 5</p>	<p>3:30 PM Kindergym 1 Red 1</p> <p>4:00 PM Kinder Tot Red 1 White 1</p> <p>4:30 PM Red 2 Blue 2</p> <p>5:00 PM Kinder Tot Red 2 White 2 Tumble 3</p> <p>6:00 PM SuperTot Kindergym 1 Red 1 Boys Red 1 Tumble 2</p> <p>7:00PM Red 1 White 2 Tumble 1 ** Tumble 4/5 (mix)</p>	<p>3:30 PM Kindergym 1 Red 1 Red 2 White 1 White 2 Boys Red 1</p> <p>4:30 PM Red 1 Red 2 White 1 Blue 1 Boys Red 2 Tumble 2</p> <p>5:30 PM Red 2 Boys Red 1</p> <p>6:00 PM Kindergym 1 Red 2</p> <p>7:00 PM Red 1 ** Red 2 Blue 1 Boys Blue Boys Bronze</p>	<p>3:30 PM Red 1 Red 2 White 1/2 (mix)</p> <p>4:30 PM Kindergym 1 Red 2 Boys Red 1 Tumble 4</p> <p>5:30 PM Kinder Tot</p> <p>6:00 PM Red 1 Red 2 Bronze</p> <p>7:00 PM White 1 Tumble 3</p>	<p>1:00 PM Kindergym 1 Girls Red 7-9 Boys Red 7-9</p> <p>3:30 PM Kindergym 1 Red 1 Red 2</p> <p>4:30 PM Red 2 White 1 Tumble 3</p> <p>5:30 PM Tumble 1</p>	<div style="text-align: center;">  </div> <p style="text-align: center;">SPECIAL EVENTS AND BIRTHDAY PARTIES</p> <p style="text-align: center;">For more information, please call or check out our website.</p>

* Please contact the office to see what class would be most appropriate for your child.

* Classes are subject to change as well as the age of the students in the class.

Updated July 2020

EAGLE GYMNASTICS ACADEMY DEVELOPMENTAL PROGRAM

PROGRAM LEVEL	DESCRIPTION OF CLASSES	AGE GROUP	LENGTH
Annual Enrollment Fees: \$30 for first child & \$25 for each additional child			
PRESCHOOL PROGRAMS FOR INTRODUCTORY GYMNASTICS			
SUPER TOTS	Co-ed program, parent assisted. The parent will aid their child to learn more defined holds, positions and supports needed for the fundamental basics of gymnastics.	18-36 months	45 minutes \$80/month
KINDER TOT - young 3's KINDER 1 KINDER 2	Co-ed class. This independent class will exercise your child's desire and need to have their own self direction and individuality while learning basic gymnastics skills on all of the apparatus.	3- 5 years of age	55 minutes \$90/month
GIRLS PROGRAMS FOR ALL LEVELS AND ABILITIES			
RED - levels 1 and 2	This level is designed for the student that has completed the kindergym level or for the gymnast just being introduced into the sport. Safe basic skills and physical fitness activities are the core of this program.	5 years of age and older	55 minutes \$90/month
WHITE AND BLUE (levels 1 and 2)	Girls program only. Safety and consistency and more defined gymnastics skills will be introduced. More emphasis is placed on strength. Progressions for advanced skills will be taught to each student at their own individual pace.	5 years and older. Placement will be based on recommendation of an instructor.	55 minutes \$90/month
BRONZE, SILVER, GOLD (levels 1 and 2)	This level is designed for girls that have completed all levels above and will be working towards the USA Junior Olympic curriculum. Strength, flexibility and safety are in all lessons.	6 years and older. Placement will be based on recommendation of an instructor.	85 minutes \$100/bronze
BOYS PROGRAMS FOR ALL LEVELS AND ABILITIES			
RED, WHITE AND BLUE	Boys program only. Fitness and fundamentals will be taught on all apparatus with the emphasis on building strength, balance and coordination.	5 years of age and older. Please speak with an instructor to determine level.	55 minutes \$90/month
SPECIAL PROGRAMS OFFERED FOR BOTH MALE AND FEMALE ATHLETES			
TUMBLING PROGRAM	Co-ed program designed for those students who want to focus on tumbling skills. Strength, discipline and safety with an emphasis placed on excellent basics will be the core of each class.	7 years and older. Level 1 - No experience Level 2 - Start BHS progressions Level 3 - Ro- Level 4 - BHS BHS series Level 5 Ro-bhs - saltos	55 minutes \$90/month
PRIVATE & SEMI - PRIVATE LESSONS	Upon request, we offer private lessons for your child. This feature will only aid & compliment the progress and success that your champion will have in our class program. Available for one or two students per session.	No age restriction or requirement. Contact the office for more details.	30 minute or 60 minute sessions
MUSIC, MUSCLES & MORE!	Co-ed program designed to provide mom or dad the opportunity to have some R & R time. Your child will be exposed to music, gymnastics, arts & crafts and more!	3-5 years of age Reservation must be made in advance. We have limited space available each week.	Every Friday 3 hour class \$30.00
BIRTHDAY PARTIES	Parties include 60 minutes of games and safe structured gymnastics followed by 30 minutes for cake and presents. We take care of all of the details and clean up the mess so that you can enjoy your guests	Must be 4-years-old to participate. Reservation and deposit must be made to make memories.	90 minutes of activity... hassle-free!
Various Clinics	Check Website for additional information.	ages 4 years old and up	

* CALL 972-712-4644 FOR MORE INFORMATION REGARDING PLACEMENT OF YOUR GYMNAST.

* PLEASE NOTE THAT CLASSES ARE SUBJECT TO CHANGE.