

# EAGLE GYMNASTICS ACADEMY 2018 SCHEDULE

(972) 712 - 4644    [www.eaglegymnastics.com](http://www.eaglegymnastics.com)

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

\* 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.

# EAGLE GYMNASTICS ACADEMY DEVELOPMENTAL PROGRAM

PROGRAM LEVEL	DESCRIPTION OF CLASSES	AGE GROUP	LENGTH
<b>Annual Enrollment Fees: \$30 for first child &amp; \$25 for each additional child</b>			
<b>PRESCHOOL PROGRAMS FOR INTRODUCTORY GYMNASTICS</b>			
<b>TUMBLE TOT</b>	Co-ed program. The parent assists their child in class. Gross and fine motor skills are developed in a safe, positive and fun environment. The children will explore all equipment and have musical activities.	12-24months	30 minutes \$55/month
<b>SUPER TOTS</b>	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 \$78/month
<b>KINDERGYM</b>	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 \$88/month
<b>GIRLS PROGRAMS FOR ALL LEVELS AND ABILITIES</b>			
<b>RED - levels 1 and 2</b>	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 \$88/month
<b>WHITE AND BLUE (levels 1 and 2)</b>	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 \$88/month
<b>BRONZE,SILVER, GOLD (levels 1 and 2)</b>	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 \$98/bronze
<b>BOYS PROGRAMS FOR ALL LEVELS AND ABILITIES</b>			
<b>RED, WHITE AND BLUE</b>	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 \$88/month
<b>SPECIAL PROGRAMS OFFERED FOR BOTH MALE AND FEMALE ATHLETES</b>			
<b>TUMBLING PROGRAM</b>	Co-ed program designed for those students who just 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. Placement will be based on recommendation of an instructor.	55 minutes \$88/month
<b>PRIVATE &amp; SEMI - PRIVATE LESSONS</b>	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
<b>MUSIC, MUSCLES &amp; MORE!</b>	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	Every Friday 3 hour class \$30.00
<b>BIRTHDAY PARTIES</b>	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	No age restrictions but reservations must be made to make memories.	90 minutes of activity... hassle-free!
<b>Various Clinics</b>	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.