

**American Prestige**  
**Athletics**  
567-283-5110

**2017-18 School Year Schedule for Classes**  
(not our competitive groups)

**Tuesday**

7:10-7:55pm	Int Tumbling	\$96 per session or \$16/week
8:00-8:45pm	Adv Tumbling	\$96 per session or \$16/week

**Thursday**

5:15-6:00pm	Gymkids	\$86 per/session
6:10-6:55pm	Beginning Tumbling	\$96 per/session
7:10-7:55pm	Int Tumbling	\$96 per/session or \$16/week
8:00-8:45pm	Adv Tumbling	\$96 per/session or \$16/week

**Saturday**

10:15-10:45am	Tumble Buddies	\$66 per/session
10:50-11:35am	Gymkids	\$86 per/session
11:45-12:30pm	Beginning Tumbling	\$96 per/session

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**Important Information**

- \* New students will be given a free trial class on their first visit to the gym.
- \* Payment is always due at the beginning of the 6 wk session and may be paid in 2 payments - half at the beginning and the other half in the middle of the session. We usually have a waiting list so everyone needs to be paid on time.
- \* Siblings in your family receive a discount off the price of tuition.
- \* Canceled classes due to bad weather are posted on our website at [americanprideathletics.com](http://americanprideathletics.com). Students will receive gym credit if a class is canceled due to weather.

## **Our Class Information**

Tumble Buddies - For boys and girls ages 2-3 it is a parent-tot class where an adult must participate with the child attending. While learning basic gymnastics skills in circuits they learn how to stand in line and take direction from the teacher.

Gymkids -for 4-5 yr old boys & girls to start learning & perfecting basic gymnastics skills. They do circuits to learn progressions for skills - forward & backward roll, cartwheel and bridge.

Beginning Tumbling - for boys and girls grades 1-4 to learn a round-off, bridge kick-over and start working skills for back handsprings. They will also do line drills to perfect all tumbling skills.

Intermediate Tumbling - for students in 5<sup>th</sup> grade and up who are working on their back handspring. They will work on the Tumble Track, spring floor & rod floor and have stations on the floor for drills. They have to be able to do some drills on their own and not be spotted for each skill.

Advanced Tumbling - students have to have coaches approval to move to this class which requires them to have more advanced skills.

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