

American Prestige
Athletics
567-283-5110

1722 Hayes Ave Sandusky, OH

Cheerleading Gymnastics Tumbling

2018-19 School Year Schedule
Classes begin Sept 4th

Tuesday

7:00-7:45pm **Intermediate Tumbling** \$96 per session or \$16/week

Thursday

5:15-6:00pm **Gymkids** \$86 per/session
 6:00-7:00pm **Fundamental Gymnastics** \$105 per/session - **New Class**
 7:10-7:55pm **Beginning Tumbling** \$96 per/session
 8:00-8:45pm **Advanced 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

Important Information

- * Yearly Registration Fee - A **yearly family registration fee of \$25** will be due when you sign up for classes. It can be paid up front or \$5.00 added to each session as you register your child. Only one membership due per family.
- * 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 for classes so it needs to be paid on time.
- * Siblings in your family receive a discount off the price of tuition.
- * Cancelled classes due to bad weather are posted on our website at americanprideathletics.com. Students will receive gym credit if a class is cancelled due to weather.

Contact us by phone 567-283-5110 or email - americanpridegym@gmail.com

Info about our classes

Tumble Buddies - is for boys and girls ages 2-3

- Parent-tot class where an adult must participate with the child attending.
- Begin learning basic gymnastics skills (forward & backward rolls, cartwheels).
- Work on standing in line and taking direction from the teacher.

Gymkids -for 4-5 yr old boys & girls

- Continue perfecting basic gymnastics skills - forward & backward roll, cartwheel and bridge.
- Encourage good listening skills, strong arms and body awareness

Beginning Tumbling - for boys and girls grades 1-4

- Start working round-off, bridge kick-over and doing progressive skills for back handsprings.
- Do line drills to perfect all tumbling skills.
- Progressively work on doing drills with no spot.

Intermediate Tumbling - for students in 5th grade and up

- They will work on the Tumble Track, spring floor & rod floor
- Gymnasts need 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. They will work on skills such as layouts and twisting.

NEW THIS YEAR

Fundamental Gymnastics - This class will give students a chance to learn about and experience the 4 competitive apparatus. It will meet for one hour per week with the time divided for tumbling and the other events for the 6 weeks session.

We expect students to have good attendance or they will not be able to continue for the next session. Gymnasts will need to wear a leotard to participate.

*** At the end of the six weeks session students are given a progress report so parents know what skills they have learned and what skills need to be worked on to move to the next level class.