

Universal Athletics

Fall/Spring Schedule

The fun of fitness, all right here at Universal!

Universal Athletics has it all! From our super sized facility including equipment to master skills in a safe way, our friendly, professional, and knowledgeable staff, and our progressive skill based curriculum to achieve success, all while having fun!



TODDLERS

WALKING THRU AGE 2

Toddler Time Class:

\$35 per month

Thursdays 3:30-4:00pm

Tiny Tumblers Open Play

(Ages 6 and under)

\$5 per visit

Saturdays

10:30-11:30am

KINDERGYM

AGES 3 AND 4

\$55 per month

Monday 6:00-6:55pm

Tuesdays 5:00-5:55pm

Thursdays 4:00-4:55pm

MINIGYM

AGES 5 AND 6

\$55 per month

Mondays 5:00-5:55pm

Tuesdays 4:00-4:55pm

Tuesdays 6:00-6:55pm

Thursday 5:00-5:55

Advanced MiniGym

Tuesdays 5:00-5:55pm

Registration:

Universal Athletics takes enrollment for classes at anytime all year long. There is an annual registration fee with any student enrollment. The annual registration fee is \$45 per athlete. This registration fee is valid for one year and is paid at the first time of registering.

Our class options are listed on our schedule by program type and age. Find the program for your age group and then choose a class time that works with your schedule. Each recreational class meets once per week for 55 minutes. Class times are based on age and ability level.

What to Wear?

It is recommended for recreational gymnastics that students wear a leotard or form fitting clothes. All other programs, we suggest wearing something comfortable i.e shorts, t-shirts, leotards, yoga gear. All students will take class in their bare feet except tumbling students may wear cheerleading/tennis shoes.

Make-Up Class Policy:

Please see the list of holiday and gym closings for the 2018-2019 year. Students are allowed one make up class per month. You must call the office to schedule a make up class.

REC TUMBLING

AGES 7 AND UP

\$55 per month

Beg. Mondays 5:00-5:55pm

Int. Mondays 6:00-6:55pm

Wednesdays 4:30-5:25pm

Middle School

Cheerleaders

Wednesdays 5:30-6:25

High School Cheerleaders

Thursdays 4-4:55pm

REC GYMNASTICS

AGES 7 AND UP

\$55 per month

Mondays 4:00-4:55pm

Thursdays 6:00-6:55pm

BOYS TUMBLING

AGES 6 AND UP

\$55 per month

Tuesdays 4:00-4:55pm

NINJA CLASSES

Ages 6 and up

Tuesdays 5-5:55pm

\$35 per month

Instruction on agility steps, balance, climbing, grip strength, and more on Universal's very own ultimate ninja course!



THE "INFLATABLE" FUN FACTORY

\$5 Daily Bounce Pass
\$25 Unlimited Monthly Pass

Includes access to 5 large inflatables (bounce castle, dexterity dash, interactive toddler area, double dip slide, and obstacle course.)

Monday-Friday 3:30pm-7pm (Closes on Wednesdays at 6:30pm)

GYMNASTICS TEAM XCEL BRONZE

Mondays 3:30pm-5pm
Fridays 3:30pm-5pm

GYMNASTICS TEAM XCEL GOLD

Tuesdays 4-6:30pm
Wednesdays 4-6:30pm
Saturdays 8-10:30am

*ALL STAR TUMBLING CLASSES

Level 1:
Athletes on Level 1 teams will tumble during team practice.

LEVEL 2:

Mondays 5-6pm
Thursdays 6-7pm

Level 3-4:

Mondays 4-5pm
Thursdays 5-6pm

Conditioning Class

Saturdays 8-9am

Flyers Class.

Saturday 9am-10am

GYMNASTICS TEAM XCEL SILVER

Mondays 5-7:30pm
Fridays 5-7pm

ALL STAR CHEER ORBITZ: TINY CHEER

Thursdays
4:30-6:30pm

ALL STAR CHEER SUPER NOVAS: YOUTH PREP LEVEL 1

Fridays
4-7pm

ALL STAR CHEER COSMOS: YOUTH LEVEL 2

Tuesdays
4-7pm

ALL STAR CHEER GRAVITY: YOUTH LEVEL 4

Thursdays
4-7pm

ALL STAR CHEER ODYSSEY: SENIOR LEVEL 4

Mondays
5-8pm

ALL STAR CHEER SATURN STARS: MINI LEVEL 1

Wednesdays
3:45-6:45pm

FRIDAY NIGHT ::: FUN NIGHT ::: OPEN GYM

All participants are required to have a completed waiver form on file or a parent/guardian must be present to sign in. Our waiver may be downloaded off our website at www.universalathletics.net. Open Gym is for children ages 7 and older ONLY. This is to ensure the safety of all participants. Open Gym is an event in which members and non members come in to work on skills or to play. It is NOT an instructed class. Universal Staff members are present to ensure everyone's safety. We expect participants to follow all gym rules and are not permitted to spot each other or attempt new skills for the first time.

\$10 Non-Members
\$8 Members

7-9pm Every Friday Night

