



7420 Broadway, Suite A • Oklahoma City, Oklahoma 73116 • (405) 848-5308
 www.metrogymokc.com • metrogymokc@sbcglobal.net

2017 Summer Session

Classes Begin June 5th—July 28th

Mini-Mights: Parents/Tot — Boys and Girls (<i>Walking—3 Years Old</i>)						
\$50.00/Month (one day)*			\$90.00/Month (two days)			
Tuesday	9:00—9:40	10:05—10:45	6:05—6:45	Wednesday	9:00—9:40	10:05—10:45
Thursday	9:00—9:40	10:05—10:45	6:05—6:45	Friday	9:30—10:10	10:30—11:10
Mighty Mights — Boys and Girls (<i>3, 4 & 5 Years Old</i>) One or Two Days/Week						
\$55.00/month (one day)*			\$100.00/month (two days)*			
Tuesday	9:00—9:45	10:05—10:50	11:10—11:55	5:00—5:45	6:05—6:50	
Wednesday	9:00—9:45	10:05—10:50	11:10—11:55			
Thursday	9:00—9:45	10:05—10:50	11:10—11:55	5:00—5:45	6:05—6:50	
Friday	9:30-10:10	10:30—11:10				
Girls Gymnastics (<i>6 years and up</i>) One or Two Days/Week						
\$60.00/month (one day)*			\$105.00/month (two days)*			
Tuesday	9:00—9:55	10:05—11:00	11:10—12:05	5:00—5:55	6:05—7:00	
Wednesday	9:00—9:55	10:05—11:00	11:10—12:05			
Thursday	9:00—9:55	10:05—11:00	11:10—12:05	5:00—5:55	6:05—7:00	
Boys Gymnastics (<i>5 years and up</i>) One or Two Days/Week						
\$60.00/month (one day)*			\$105.00/month (two days)*			
Tuesday	10:05—11:00		Wednesday	11:10—12:05	Thursday	11:10—12:05
Tumbling (<i>7 years and up</i>) <i>Must be able to do a round-off</i> Classes held in Suite F						
\$60.00/month (one day)*			\$105.00/month (two days)*			
Tuesday	9:00—9:55 (beginning 1st — 3rd grade)		5:00—5:55	Wednesday	9:00—9:55	
Thursday	9:00—9:55 (beginning 1st — 3rd grade)					
Hot Shots (<i>Invitation Only</i>)						
\$60.00/month (one day)*			\$105.00/month (two days)*			
Tuesday	11:10—12:05	6:05—7:00	Wednesday	11:10—12:05	Thursday	9:00—9:55 6:05—7:00
Big Shots (<i>Invitation Only</i>) Classes held in Suite F						
\$90.00/month (one day)*			\$130.00/month (two days)*			
Monday	10:30—12:00		Tuesday	5:00—6:30	Thursday	10:30—12:00

Enrollment Options

Option 1: Visit our website and click on Enroll Now and choose your class. If you were enrolled in the 2016-17 program you have an account set up, enter your email you provided Metro and password. If you do not remember your password then click on Forgot Password and reset it.
Option 2: Call the office at 405-848-5308 and we will be happy to find a class for you.

Clip and mail with \$25 Non-refundable / non-transferable deposit, to be applied to 1st month tuition.

Please enroll:

Student: Last	First	Age	Grade	Birthday (mo/day/yr)
Home Address		City	Zip	
School	E-Mail		Home Phone	
Father's Name	Cell	Work Phone		
Mother's Name	Cell	Work Phone		

Any Medical Conditions

RELEASE: I hereby consent to have my child/ward participate in programs offered by Metro Gymnastics, LLC. It is hereby agreed that I, my child(ren) adopted or otherwise, my executors, waive and release all rights and claims for damages that I may have at any time against Metro Gymnastics, LLC, its representatives whether paid or volunteer for any injury or damages in connection with the gymnastics program or other activities related to the METRO GYMNASTICS PROGRAM. The serious risks involved in respect to such a program are fully understood. **PERMISSION FOR MEDICAL TREATMENT:** I confirm that the above named person is in good health. I hereby authorize simple first aid and consent to any x-ray exam, and medical or surgical diagnosis which is deemed necessary.

DOCTOR'S NAME: _____ PHONE: _____

SIGNATURE: _____ DATE: _____

Parent or Guardian

Summer 2017

Class (Day and Time) _____

CALL THE OFFICE FOR CLASS AVAILABILITY

METRO CELEBRATES 36 YEARS OF GYMNASTICS

Metro Gymnastics ~Summer Camps~

Ages 5 and Up

"Monday's @ Metro"

Every Monday in the summer, Metro hosts one-day gymnastics camps for boys and girls. Your camper will get a lot of exercise and have fun at our camps. They make a cool take home craft, burn energy with gymnastics, play games, and have an ULTIMATE BLAST! Best of all . . . they will have the opportunity to work on gymnastics skills in a super fun setting!

\$25.00/child

9:00 a.m.-12.00 p.m.

June 5th, June 12th, June 19th, June 26th, July 10th, July 17th, July 24th

***Continue the fun, bring your lunch, and
extend your camp time with one of the clinics below!***

Ages 5 and Up

Cartwheel Clinics — Suite A

Want to learn how to do a cartwheel or need to perfect your cartwheel? Join our experienced coaching staff this summer as we spend an hour just working on cartwheels, round offs, and handstands.

**\$15.00/gymnast • Every Monday starting June 5th — 12:30 p.m.-1:30 p.m.
(Closed July 3rd)**

Ages 7 and Up

Backhandspring Clinics — Suite F

Want to learn how to do a backhandspring or need to perfect your backhandspring? Join our experienced coaching staff this summer as we spend an hour just working on backhandsprings.

**\$15.00/gymnast • Every Monday starting June 5th — 12:30 p.m.-1:30 p.m.
(Closed July 3rd)**

— Extra Activities —

Lunch Bunch

Ages 3 and Up

You don't have to be a member at Metro Gymnastics to sign-up for *Metro's Lunch Bunch!* The children will enjoy having playtime in the gym with their friends and have fun making a craft. Don't forget to bring a sack lunch to eat with the teacher. It's the perfect time for Mom to have a lunch date with her friends.

\$15.00/child/time

Wednesdays 12:00 p.m. - 1:30 p.m.

Fridays 11:30 a.m. - 1:00 p.m.

June 14th • June 28th • July 12th • July 26th

June 9th • June 23th • July 7th • July 21st

Birthday Parties

Voted Best Birthday Venue in Metro Family Magazine.

Call the office and schedule your "BEST" birthday today. Weekday and Weekend times offered.

Playgroup Outings

**Need an outing for your church group or playgroup? Need to cool off this summer?
Come enjoy 1½ hours of gymnastics fun with your group in our air conditioned gym.**

Call for times and availability.

**Sign up online, call or email the office to reserve your spot
848-5308 or metrogymsokc.com**