

7420 Broadway, Suites A & F
 Oklahoma City, OK 73116
 (405) 848-5308
 www.metrogymokc.com
 metrogymokc@sbcglobal.net



2018 Summer Session

Classes Begin June 4th—July 27th

Mini-Mights: Parents/Tot — Boys and Girls <i>(Walking—3 Years Old)</i>					
\$87.50 one day/week • \$157.50 two days/week					
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					
\$96.25 one day/week • \$175.00 two days/week					
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—10:15	10:30—11:15			
Girls Gymnastics <i>(6 years and up)</i> One or Two Days/Week					
\$105 one day/week • \$183.75 two days/week					
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					
\$105 one day/week • \$183.75 two days/week					
Tuesday	10:05—11:00 (Suite F)		Wednesday	11:10—12:05 (Suite F) Thursday 11:10—12:05 (Suite A)	
Tumbling <i>(7 years and up)</i> Must be able to do a round-off Classes held in Suite F					
\$105 one day/week • \$183.75 two days/week					
Monday 11:00 — 12:00 (Advanced Tumble)					
Tuesday	9:00—9:55 (beginning 1st — 3rd grade)			5:00—5:55 (3rd and Up)	
Wednesday	10:00 — 10:55 (beginning 1st — 3rd grade)				
Hot Shots <i>(Invitation Only)</i>					
\$105 one day/week • \$183.75 two days/week					
Tuesday	11:10—12:05	6:05—7:00	Thursday	9:00—9:55	11:10—12:05 6:05—7:00
Big Shots <i>(Invitation Only)</i> Classes held in Suite F					
\$157.50 one day/week • \$227.50 two days/week					
Tuesday	10:30—12:00		Wednesday	10:30 — 12:00 Thursday 5:00 — 6:30 p.m.	
Aerial Silks Classes Classes held in Suite F					
\$105 Summer Session					
Beginner Youth: (8 years old and up): Monday 9:00—9:55 10:00—10:55					
Intermediate Youth: Monday 11:00—11:55 • Adult Classes: Tuesday 6:00—7:00					

Enrollment Options

Option 1: Visit our website and click on Enroll Now and choose your class. If you were enrolled in the 2017-18 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 Summer 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

Metro Gymnastics LLC 2018-2019

Class (Day and Time) _____

CALL THE OFFICE FOR CLASS AVAILABILITY

METRO CELEBRATES 36 YEARS OF GYMNASTICS

Metro Gymnastics ~Summer Camps~

No Camps or Clinics July 2nd

"Monday's @ Metro"

Ages 4 and Up

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/time

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

June 4th, June 11th, June 18th, June 25th, July 9th, July 16th, July 23th

Continue the fun, bring your lunch, and extend your camp until 3:00 p.m. and have a blast in our Summer Clinics! (Metro will enroll your child in the appropriate skill clinic) 9:00 a.m.—3:00 p.m. (Ages 5 & up) — \$65/child/time

Cartwheel Clinics — Suite A

Ages 5 and Up

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/child/time • Every Monday starting June 4th — 12:30 p.m.-1:30 p.m.

Backhandspring Clinics — Suite F

Ages 7 and Up

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/child/time • Every Monday starting June 4th — 12:30 p.m.-1:30 p.m.

Kick Over and Pullover Clinics — Suite A

Ages 5 and Up

This combined clinic is great for children who not only want to achieve the backwalkover, but also for those that are working toward a back bend or the kick over on floor. The clinic is also designed to work on strengthening skills necessary to achieve chin up pullovers on bars. These skills are required to advance to Metro's bigshot/preteam program

\$15.00/child/time • Every Monday starting June 4th — 1:30 p.m.-2:30 p.m.

— Extra Activities —

Lunch Bunch

Ages 3 — 7 yrs.

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.

June 13th • June 27th • July 18th

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

June 8th • June 22th • July 13th • July 27th

Birthday Parties

Voted Best Birthday Venue in Metro Family Magazine.

Call the office or go online to 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.

Go online to book your group today!

Sign up online, call or email the office to reserve your spot

848-5308 or metrogymsokc.com