

KOKOKAHI GYM TEAM -- CLASS & FEE SCHEDULE

EFFECTIVE
2/1/18

FREE INTRODUCTORY CLASS
\$35 annual insurance/registration
fee due per family OR
\$25 annual insurance/registration
fee due per individual child.

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	# Classes per week	Session Tuition	<u>Sib rate*</u>
Toddler 12 – 36 Months			9:00 – 9:35	9:00 – 9:35		8:45 – 9:20	1 2 3	\$ 45.00 \$ 60.00 \$ 75.00	\$ 40.00 * \$ 55.00 * \$ 70.00 *
Gymmini 3 – 5 Year olds	4:00 – 5:00	4:00 – 5:00 5:15 – 6:15	9:50 – 10:50	9:50 – 10:50 4:00 – 5:00 5:15 – 6:15		8:50 – 9:50	1 2 3	\$ 60.00 \$ 90.00 \$115.00	\$ 55.00 * \$ 85.00 * \$110.00 *
Beginning 5 – 10 Year olds	4:00-5:00 5:15 – 6:15	5:15 – 6:15	5:15 – 6:15	11:00-12:00 5:15 – 6:15	5:15-6:15	10:15 – 11:15	1 2 3	\$ 60.00 \$ 90.00 \$115.00	\$ 55.00 * \$ 85.00 * \$110.00 *
Intermediate			3:30-5:00		3:30-5:00	10:00-11:30	1 2 3	\$75.00 \$110.00 \$125.00	\$70.00* \$105.00* \$120.00*
Advanced		3:30-5:00		3:30 – 5:00		10:00 – 11:30	2 3	\$110.00 \$125.00	\$ 105.00 * \$120.00 *
Pre-Team	3:30 – 5:30		3:30 – 5:30		3:30 – 5:30		3	\$145.00	\$140.00 *
Compulsory/ Xcel	3:30 – 6:30		3:30 – 6:30		3:30 – 6:30		3	\$175.00	\$165.00 *
Optional Girls	4:15 - 7:45	4:15 - 7:45		4:15 - 7:45	4:15 - 7:45	11:30 – 3:30	5	\$260.00	\$210.00 *

All information is subject to change.

*Sibling rate applies to all siblings in family

~Tuition is due the first week of the month.
~If you miss a class, you may do a make-up class within 30 days after your missed class or you will lose and make up credit
~If you'd like to change your child's enrollment in any way, (add or drop a class, switch days, stop attending, etc..) please inform the office immediately.
**We no longer offer boys' classes for ages 5+. Our apologies for this inconvenience

GYM LOCATION: 45-558 C-21 Kamehameha Hwy, Kaneohe, HI 96744
(Heading on Kam Hwy toward Pali Hwy, take the last right turn before Yamashiro's Ace Hardware (3rd driveway after King Nissan). Our lane is between The Car Shop & Megumi's Restaurant. We are down at the end on the right hand side.)

PHONE/FAX: (808) 235-6866

E-MAIL: kokokahi.info@kokokahigymnastics.com

WEBSITE: www.kokokahigymnastics.com



Toddler:

Children 12 months- 36 months with their parents/ guardians are welcome in this gymnastics class. The little athletes will learn and develop basic gymnastics skills, essential motor skills, strength, flexibility, agility, balance, listening skills, and social skills from this class.

Gymmini:

The gymmini classes are for children ages 3-5 years old. In this class, the little athletes will learn and develop a little bit of a deeper understanding of the basics of gymnastics, listening skills, social skills, strength, flexibility, agility, balance, and the routine of our gymnastics gym. (Younger age welcome by invitation only)

Beginning:

In the beginning level, our students will learn fundamental gymnastics skills on the women's apparatuses. They will do all four events, floor, bars, beam, and vault instead of miniature or varied versions of the events. Progressions and drills are a very important part in this level. Some of the basic skills they will learn include, cartwheels, handstands, bridges, pull-overs, cast, balancing skills, running, jumping, and leaping. (Younger age welcome by invitation only)

Intermediate:

In our intermediate classes, the gymnastics skills taught will increase in difficulty. The athletes will learn a deeper understanding of gymnastics skills as well as safety to perform them. Some skills that they will learn in this level are round-offs, bridge kick-overs, back hip circles, more advanced balancing skills on beam, jumping, and leaping.

Advanced:

In our advanced classes, the gymnasts will learn the most difficult skills without having an intention to compete. The gymnastics skills taught in this level will increase in difficulty from intermediate as well as perfecting the skills from previous levels. This is the level where the drills from previous lessons become skills. Some of the skills that the athletes will learn in this level are back and front handsprings, back and front flips, kip drills, leaps, jumps, and more.

Pre-Team:

This level is for athletes that have an intention of becoming a competitive gymnast. With this level, comes an expectation of increased time in the gym. Higher level skills will be taught as well as increased conditioning and body shaping.

Compulsory/ Xcel Team:

This team is for our competing athlete's levels 3-5 and Xcel. There is an expectation of more time in the gym with this level. Routines will be taught and perfected in this level and your child is expected to compete in all meets for the compulsory program that the gym is attending. Also, helping with meets and Aloha Gymfest is mandatory.

Optional Girls Team:

Levels 6-10 are in this category. At these levels, there is a large time commitment and a travelling commitment for off-island meets. At these levels, the athletes are learning difficult gymnastics skills, their own routines on all four events, and conditioning to stay fit. Also, helping with meets and Aloha Gymfest is mandatory.