

YOGA & GYMNASTICS



YOGA PLAYDATES WITH MS. KAHTY

30 minutes of parent and child guided yoga, 30 minutes of open gymnastics play, and 30 minutes of bounce house open play.

MONDAYS

Ages 0-4
10am-11:30am
Members: Free
Non-Members: \$10/Family

• **Sep. 23, Oct. 7, Nov. 18,**
• **Dec. 16, Jan. 13, Feb. 24,**
• **Mar. 9, Apr. 20, May 11**

WEDNESDAYS*

Ages 0-4
5:15pm-6:15pm
Members: Free
Non-Members: \$10/Family

• **Sep. 18, Oct. 16, Nov. 13,**
• **Dec. 4, Jan. 22, Feb. 12,**
• **Mar. 4, 25, Apr. 29, May 20**
*at Academy, No bounce house play

KIDS YOGA MONDAYS

Ages 3-7 5:30pm-6:00pm and Ages 7-15 6:00pm-6:45pm

Members: Free
Non-Members:
5 weeks: \$60
6 weeks: \$72

• Session I: **Sep. 16, 23, 30, Oct. 7, 14, 21**
• Session II: **Nov. 11, 18, Dec. 9, 16**
• Session III: **Jan. 6, 13, 20, 27, Feb. 3, 10**
• Session IV: **Feb. 24, Mar. 2, 9, 16, 23**
• Session V: **Apr. 20, 27, 4, 11, 18**

GYMNASTIC EVENTS

Ages 2-12
Sundays 10:00am-12:00pm
Members: \$10/child*
Non-members: \$20/child*

• **Oct. 13, Nov. 17, Dec. 15,**
• **Jan. 12, Feb. 2, Mar. 8,**
• **Apr. 26, May 17**

*\$5 walk-in fee if not registered a week in advance

PRIVATE GROUPS

Looking to improve your skill set? Ask about our individualized private or small group training.

Private Lessons (individual child)
Members: \$50/hour
Non-Members: \$55/hour

• **Small Group Lessons** (cost per child, groups of 2-4)
Members: \$30/hour
Non-Members: \$35/hour

GYMNASTICS & NINJA

TUESDAYS

5:15-6:00pm Happy Hoppers Ages 2-4
6:00-6:45pm Brave Bears Ages 5-7
6:45-7:30pm Cool Cats Ages 8-14

THURSDAYS

5:15-6:00pm Brave Bears Ages 5-7
6:00-6:45pm Cool Cats Ages 8-14
6:45-7:30pm Strong Ninja Ages 8-14

SATURDAYS

9:15-10:00am Happy Hoppers Ages 2-4
10:00-10:45am Brave Bears Ages 5-7
10:45-11:30am Strong Ninja Ages 4-7

Session I (11 week session)

Members: Full Session \$125 or \$13/ Drop-in
Non-Members: Full Session \$150 or \$15/ Drop-in

September 17, 19, 21, 24, 26, 28
October 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26
November 12, 14, 16, 19, 21, 23
December 3, 5, 7, 10, 12, 14, 17, 19, 21

Session II (11 week session)

Members: Full Session \$125 or \$13/ Drop-in
Non-Members: Full Session \$150 or \$15/ Drop-in

January 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30
February 1, 4, 6, 8, 11, 13, 15, 25, 27, 29
March 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28

Session III (5 week session)

Members: Full Session \$63 or \$13/ Drop-in
Non-Members: Full Session \$75 or \$15/ Drop-in

April 21, 23, 25, 28, 30
May 2, 5, 7, 9, 12, 14, 16, 19, 21, 23

For more information or to register please contact Kahty at eanguelova@ffrc.net or (248)352-8000 ext. 342