

# Central Ohio Gymnastics and Cheer

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www.centralohiogymnastics.net

**Gymnastics:**  
Recreational  
Classes and  
Competitive  
Team levels 3-10

**Cheerleading  
and Hip Hop:**  
Recreational Classes  
and Competitive  
Team levels 1-5

**Trampoline and  
Tumbling:**  
Recreational  
Classes and  
Competitive Team

## 2011-2012 Fall & Winter Sessions (8 weeks):

Session #1	August 29 <sup>th</sup> – October 22 <sup>nd</sup> (no classes on Labor Day)
Session #2	October 24 <sup>th</sup> – December 17 <sup>th</sup> (no classes on Thanksgiving Day) (2 week break between session 2 and 3)
Session #3	January 2 <sup>nd</sup> – February 25 <sup>th</sup>
Session #4	February 27 <sup>th</sup> – April 21 <sup>st</sup>

## RECREATIONAL PROGRAMS:

<b>Wobblers</b> (Playful Parent)	1 ½ to 2 years of age (with parent if needed)	\$80.00/session
<b>Skippers</b> (Playful Parent)	2 years of age (with parent if needed)	\$80.00/session
<b>Leapers</b> (Tiny Tot)	3 years of age	\$80.00/session
<b>Cartwheelers</b>	4 and 5 years of age (level 1 skills)	\$90.00/session
<b>Aerials*</b> (Adv. CW)	4 -7 years of age ( level 2 and 3 skills)	\$100.00/session
<b>Benders</b> (Beginners)	6+ years of age (level 1 skills)	\$100.00/session
<b>Twisters*</b> (Adv Beg)	6+ years of age (level 2 skills)	\$115.00/session
<b>Flippers *</b> (Intermediates)	6+ years of age (level 3 skills)	\$115.00/session
<b>Azarians</b> (Boys Class)	6+ years of age	\$100.00/session
<b>Gliders*</b> (Advanced)	6+ years of age ( level 4+ skills)	\$125.00/session
<b>Tumblers</b> (Beg Tumbling)	6+ years of age (floor Skills Only)	\$100.00/session
<b>Flip Floppers</b> (Adv Tumb)	6+ years of age (bhs, tucks, layouts)	\$100.00/session
<b>TNT</b> (Tramp & Tumble)	6+ years of age (trampoline & floor skills only)	\$100.00/session
<b>Superstars</b>	3+ years of age (special needs)	\$100.00/session
<b>Middle/High School</b>	must be in middle or high school	\$135.00/session

\* must be placed by a coach

<b>Cheer 1/Hip Hop 1</b>	4 to 7 years of age (45 minutes)	\$90.00 /session
<b>Cheer 2 /Hip Hop 2</b>	7 to 11 years of age (45 minutes)	\$90.00/ session
<b>Cheer 3/Hip Hop 3</b>	12 to 18 years of age (60 minutes)	\$100.00 /session
<b>Hip Hop Workout</b>	18 + years (60 minutes)	\$100.00/session

**\$35 annual registration fee / \$50 family (paid every September or when first registered)**

## GYMNASTICS CLASS SCHEDULE

**Mondays:**  
**Skippers/Leapers** 9:30-10:00am  
**Cartwheelers** 10:00-10:45am  
**Wobblers** 10:45-11:15am  
**Cartwheelers** 4:45-5:30pm  
**Skippers** 5:30-6:00pm  
**Leapers** 6:00-6:30pm  
**Cartwheelers** 6:30-7:15pm  
Aerials 5:30-6:30pm  
Benders 5:45-6:45pm  
Twisters 6:30-7:45pm  
Azarians 6:45-7:45pm

**Tuesdays:**  
**Skippers/Leapers** 9:30-10:00am  
**Cartwheelers** 10:00-10:45am  
Aerials 5:30-6:30pm  
Superstars 5:45-6:45pm  
Azarians 2 6:00-7:00pm  
Gliders 6:15-7:45pm  
Benders 6:30-7:30pm  
Flippers 6:45-8:00pm  
Flip Floppers 7:00-8:00pm

**Wednesdays:**  
**Cartwheelers** 5:45-6:30pm  
**TNT** 6:30-7:30pm

**Fridays:**  
**Skippers/Leapers** 9:30-10:00am  
**Cartwheelers** 10:00-10:45am

**Thursdays:**  
**Wobblers** 5:30-6:00pm  
**Cartwheelers** 6:00-6:45pm  
**Skippers** 5:45-6:15pm  
**Leapers** 6:15-6:45pm  
**Cartwheelers** 6:45-7:30pm  
Benders 5:30-6:30pm  
Flippers 6:45-8:00pm  
Twisters 6:45-8:00pm  
Benders 7:00-8:00pm

**Saturdays:**  
**Wobblers** 9:00-9:30am  
**Skippers** 9:30-10:00am  
**Leapers** 10:00-10:30am  
**Cartwheelers** 10:30-11:00am  
Benders 9:00-10:00am  
Benders 10:00-11:00am  
Twister/Flipper 11:00-12:15pm

## CHEER CLASS SCHEDULE

**Tuesdays:**  
**Cheer 1** 4:45-5:30pm  
**Hip Hop 1** 5:30-6:15pm  
**Hip Hop 2** 6:15-7:00pm  
**Hip Hop 3** 7:00-8:00pm  
**Hip Hop Workout** 8:00-9:00pm

**Wednesdays:**  
**Cheer 2** 5:00-5:45pm  
**Cheer 3** 5:45-6:45pm

\*All classes in **bold** will be taught in the front gym.

\*Class schedules are subject to change depending on class size!

\*Please let us know if there isn't a time that works for you. We MAY be able to add or change a class.

\*Each child may have **one** make-up per session. We will then reimburse you with Open Gym coupons.

**Open Gyms:** Most Saturday nights from 6:30-8:30pm you may drop off your child (ages 5+) or watch your child (ages 18 months+) while they have two hours of fun at the gym. This is a great time to have a quiet dinner, run some errands, or go shopping. Please call to confirm dates. \$5

Ask us about **Birthdays Parties**, Parent's Night Out, Sleepovers, camps, and special group programs for Boy Scouts, Girl Scouts, Churches, and Schools!