

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):

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

RECREATIONAL PROGRAMS:

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

* must be placed by a coach

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|---------------------------|------------------------------------|-------------------|
| Cheer 1/Hip Hop 1 | 4 to 7 years of age (45 minutes) | \$90.00 /session |
| Cheer 2 /Hip Hop 2 | 7 to 11 years of age (45 minutes) | \$90.00/ session |
| Cheer 3/Hip Hop 3 | 12 to 18 years of age (60 minutes) | \$100.00 /session |
| Hip Hop Workout | 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
Bender/Twister 4:30-5:30pm
Skippers 5:30-6:00pm
Leapers 6:00-6:30pm
Cartwheelers 6:30-7:15pm
Aerials 5:30-6:30pm
Benders 6:00-7:00pm
Twisters 6:30-7:45pm
Tumblers 7:00-8:00pm

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: TNT 6:15-7:15pm

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

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

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!