



6180 E. Warren Ave. * Denver, CO 80222 * (303) 512-0799

www.coloradogymplus.com

Building Strong Bodies & Minds

2018 - 2019 RECREATIONAL CLASSES OFFERED

AM CLASSES PARENT-TOT & PRE-SCHOOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent Tot (18 months up to 3yrs)	9:30—10:15 10:30-11:15	9:30-10:15 10:30-11:15	9:30-10:15 10:30-11:15	9:30-10:15 10:30-11:15	9:00—9:45 10:00-10:45	9:00-9:45 10:00-10:45
PRE SCHOOL (3 yrs to 5.5 yrs)	9:30—10:30 10:30-11:30 12:30-1:30	9:30—10:30 10:30-11:30 12:30-1:30	9:30—10:30 10:30-11:30 12:30-1:30	9:30—10:30 10:30-11:30 12:30-1:30	9:00-10:00 10:00-11:00	9:00-10:00 10:00-11:00 11:00-12:00
PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRE SCHOOL (4 yrs to 5.5 yrs)	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	NO CLASSES	9:00-10:00 10:00-11:00 11:00-12:00
GIRLS: (5.5 yrs & up) BEGINNERS & INTERMEDIATES	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	NO CLASSES	9:00-10:00 10:00-11:00 11:00-12:00
*ADVANCED (1 1/2 hrs)	* 4:30-6:00	* 4:30-6:00	* 4:30-6:00	* 4:30-6:00	NO CLASSES	* 10:00-11:30
BOYS: (5.5yrs & up) Combo BEG & INT	4:30-5:30	3:30-4:30 4:30-5:30	4:30-5:30	3:30-4:30 4:30-5:30	NO CLASSES	9:00-10:00
ADVANCED **		*5:30-6:30		*5:30-6:30		*10:00-11:00

SESSIONS DATES

Fall **SESSION 1:** AUGUST 27 - OCTOBER 20
 Fall **SESSION 2:** OCTOBER 22 - DECEMBER 15
 Winter **SESSION 3:** JANUARY 7 - MARCH 2
 Winter **SESSION 4:** MARCH 4 - APRIL 27
 Spring **SESSION 5:** APRIL 29 - JUNE 1 (5 WEEKS)

****PRIORITY REGISTRATION:** For current students to maintain a place in their class from one Session to the next concurrent Session, TUITION is DUE two (2) weeks prior to the start of the Session. The student will be dropped from the class when open registration begins if tuition has not been paid.

****OPEN REGISTRATION** for NEW Students starts one (1) week prior to the start of a new session for open places in classes.

Scheduled Closings: Classes will not be held on the following dates and tuition has been adjusted for those classes.

Ses #1—Labor Day, Mon—Sept. 3, 2018

Ses #2—Thanksgiving, Thur—Nov 22, 2018

Ses #5—Memorial Day, Mon—May 27, 2019

Annual Membership Fee \$50.00
(Per STUDENT)

Session Tuition—Recreational Classes
(Based on an 8 week session)

1 class per week **\$115.00**
(45 mins to 1 hr classes)

2 classes per week **\$220.00**
(45 mins to 1 hr classes)

***ADVANCED (1 1/2 hrs) \$170.00 / \$330**
Fees are Non-refundable



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2018—2019 RECREATIONAL GYMNASTICS CLASSES OFFERED

Parent—Tot Classes: Children 18 months to 3 yrs. old with their parent. Designed for the parent who wants to take an active roll in their child's development.

Pre School Classes: AM Classes—Children 3 - 5yrs old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Pre School Classes: PM Classes—Children 4 to 5.5 yrs. old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Beginners Levels and Up

These classes include instruction on all Olympic events and students are divided by ability. The program is structured so that students are rewarded as they progress through the various skill levels. Each BASIC level has three (3) sub divisions in which students are introduced to more challenging skills. Once a student has shown proficiency in each of the divisions, they will receive an Achievement Certificate for advancement to the next level [ex. Beginner to Intermediate.] As student's progress through divisions they will be awarded with Achievement Ribbons for certain target skills being accomplished.

Beginners: Children 5.5yrs old and up. If you are new to our program, everyone starts in beginners. If you have had gymnastics before, you can take a look at our skill Chart for each level and request to be evaluated to help you see which level your child would best fit. In the Beginner level, the emphasis is on building basic gymnastics skills like rolls, supports on apparatus and small jumps, leaps, and turns on all events. Building strength, coordination, basic rules of safety and specific drills for progression for future success in the sport. A fun learning experience for our younger students.

Intermediates: Once you have completed the Beginner program, you will be advanced to the Intermediate level. At this level, the student will learn more advanced and challenging skills like, handstands, cartwheels, circling movements on bars and will also be introduced to putting skills into sequences. Students will continue to work on strength and will also begin to focus more on flexibility.

Advanced: Once the Intermediate level has been completed the student will be moved to our Advanced level.

At this level students work on more salto type movements on all the apparatus and will begin to create routines which could be used for exhibitions and competition. Strength, flexibility and endurance will be stressed as well.

Progress Report - In addition to the Achievement Ribbons and Certificates, students will receive a Progress Report at the conclusion of alternating sessions; this report will help both you and your child to track their development.

Printed July 2018. Prices subject to change without notice and classes may not be available. Gymnastics Plus may combine classes and/or discontinue classes that do not have sufficient enrollment (at least 3 students).

Gymnastics Plus does not provide refunds or credits.



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