

# Greater Buffalo Gymnastics & Fitness Center

## 2018-2019 Class Schedule

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[www.buffalogymnastics.com](http://www.buffalogymnastics.com)

Classes begin Wednesday, September 5, 2018

### Tuition Information

<b>Annual Registration Fee Per Child</b>	<b>\$40</b>
<b>Class</b>	<b>Monthly Cost</b>
Tiny Tumblers	\$63
1 Day per Week, 1 Hour Class	\$68
1 Day per Week, 1½ Hour Class	\$105
2 Days per Week, 1 Hour Class	\$122
2 Days per Week, 1 Hour & 1½ Hour Class	\$162
3 Hours per Week	\$174

- Our program is designed to maximize each child's gymnastic potential by recommending them to a level that will benefit them both gymnastically and developmentally. We will make sure children are properly placed by age and ability into a class most conducive for them to progress.
- Our tuition is divided into 10 equal monthly payments for your convenience.
- Please see the Parent Handbook for Information on sibling discounts.
- A full calendar of holidays and closings is available in our Parent Handbook.
- Classes will be added as necessary - a minimum number of children are needed to open any given class. Schedule is subject to change at any time.



# Munchkins in Motion

Something for every little gymnast!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiny Tumblers</b> 18 mos - 3 yrs	9:00-9:50			10:00-10:50		
<b>Junior Jumpers</b> 3 & 4 yrs	10:00-11:00 11:00-12:00 3:30-4:30 4:30-5:30	3:30-4:30 4:30-5:30	9:00-10:00 10:00-11:00 11:00-12:00 3:30-4:30 4:30-5:30	11:00-12:00 12:00-1:00 3:30-4:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30	9:00-10:00 10:00-11:00
<b>Kinder Kids</b> 2 <sup>nd</sup> year Munchkins Only			4:30-5:30			11:00-12:00

Our Munchkins in Motion program is designed to give every little athlete, ages 18 months to 4 years, an introduction into the sport of gymnastics! These classes are designed to begin training in the sport, on equipment just their size, while emphasizing coordination, balance, motor skills, body control, and more. It is our belief that an interactive program that includes a variety of activities helps foster individual growth and development. Classes at these levels are co-ed and separated by age and ability level. As always, our trained staff and coaches are available to help with any questions.

## Tiny Tumblers - 18 mos. - 3 yrs.

Our Tiny Tumblers class is a once per week open gym time for children 18 months to 3 years old accompanied by an adult. With the direction of our instructors, it is designed to increase your child's attention and awareness as well as developing coordination, balance, and body control. For safety purposes, our ratio is one child to one adult.

## Junior Jumpers - 3 & 4 year olds

Our Junior Jumper classes are designed to allow each child the opportunity to become familiar with all of the gymnastics equipment, while developing strength, balance, and coordination. Each child has his/her own skill chart used to track progress. These classes are for children aged 3 and 4. All children must be out of diapers before enrolling in class.

## Kinder Kids - 2<sup>nd</sup> year Gymnasts Only

Our Kinder Kids classes are for children who have completed a full year of our Junior Jumpers classes. These are designed as a stepping stone for 4 year olds to our Beginner class program.

# Recreational Gymnastics Classes

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Girls Beginner 5 yrs. and Up</b>	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	9:00-10:00 10:00-11:00 11:00-12:00
<b>Girls Beginner/ Advanced Beginner*</b>	4:30-5:30	5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30	9:00-10:00 10:00-11:00
<b>Girls Advanced Beginner*</b>	4:30-5:30	5:30-6:30		5:30-6:30	4:30-5:30	11:00-12:00
<b>Girls Intermediate 1 &amp; 2*</b>		5:30-7:00			4:30-6:00	10:30-12:00
<b>Boys Beginner Gymnastics Fitness</b>	3:30-4:30 4:30-5:30		3:30-4:30	3:30-4:30 5:30-6:30		11:00-12:00
<b>Boys Advanced Beginner Gymnastics Fitness</b>		3:30-4:30		4:30-5:30	4:30-5:30	
<b>Tumbling 1 5 &amp; 6 year olds</b>						9:00-10:00
<b>Tumbling 2 7 yrs. &amp; Up</b>	3:30-4:30			6:30-7:30 7:30-8:30		10:00-11:00 11:00-12:00

\*Based on recommendation from 2017-2018 season or a member of our staff

# Class Descriptions

## **Girls Beginner - 5 yrs. & Up**

Beginner classes are designed as the foundation of our entire gymnastics program. These classes are structured to include all of the Olympic events, trampoline, and additional training aids to provide the basics that are paramount to an athlete's success in the sport. Each gymnast has her own skill chart which is used to track her progress. Because of the breadth and depth of this chart and the importance of a strong base, most gymnasts will spend 1 ½ - 2 years at a beginner level. Girls are grouped according to age and experience.

## **Girls Beginner/Advanced Beginner - Based on 2017-2018 Recommendation**

Girls Beginner/Advanced Beginner classes are for girls who have varied skill levels on different events. Skill charts are designed to allow the development of new, more advanced skills, while continuing to emphasize the importance of basics. Girls in this class must have been recommended to this level following the previous season or by evaluation from a Greater Buffalo staff member.

## **Girls Advanced Beginner - Based on 2017-2018 Recommendation**

Girls in this level have successfully completed our Beginner/Advanced Beginner skill charts and are able to advance to more challenging skills that stress technique and execution. Gymnasts must have been recommended to this level following the previous season or by evaluation from a Greater Buffalo staff member.

## **Girls Intermediate 1 & 2- Based on 2017-2018 Recommendation**

Girls Intermediate 1 & 2 is for gymnasts who have successfully completed the Advanced Beginner chart and are ready to challenge themselves with a higher level which includes USAG competitive skills. These levels concentrate on technique, strength, execution, and flexibility. Girls in these classes must have been recommended following the previous season or by evaluation from a Greater Buffalo staff member.

## **Tumbling 1**

These classes emphasize tumbling, body form, and presentation. Students utilize the floor, trampoline, tumble track, and other training aids to obtain and master their tumbling skills.

## **Tumbling 2**

These classes emphasize tumbling, body form, and presentation. Students utilize the floor, trampoline, tumble track, and other training aids to obtain and master their tumbling skills. Gymnasts must be 7 years or older to register for Tumbling 2.

## **Boys Beginner Gymnastics Fitness**

Our Boys Fitness classes are designed for boys interested in learning and advancing through gymnastics skills. Classes are structured to include all the Olympic events, trampoline, and additional training aids. Each child has his own skill chart used to track progress. Boys are grouped by age and experience.

## **Boys Advanced Beginner Gymnastics Fitness**

Boys in this level have successfully completed our Beginner skill charts and are able to advance to more challenging skills that stress technique and execution. Gymnasts must have been recommended to this level following the previous season or by evaluation from a Greater Buffalo staff member.