

# AUBURN GYMNASTICS CENTER CLASSES — updated for 4/19/2018

**EVERY INSTRUCTOR IS GYMNASTICS 101 AND SAFETY CERTIFIED BY USA GYMNASTICS –  
OUR CLUB HOSTS TRAINING FOR COACHES AND ENCOURAGES PARENTS TO ASK YOUR CHILD'S COACH TONS OF QUESTIONS.**

**Green Group - 6 month to 3-years-old - Adult and child attend together**  
**\$50 a month** for one class one day a week.  
**Unlimited rate is \$70 a month**  
**Drop in rate is \$15 a class**

Your child will engage in gymnastics-based gross motor skill-building play and make new friends. We allow children up to 3 years old to attend these fun skill- building play days. Lessons are based on developmental milestones needed for 2 and 3 year olds.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15 a.m. Natalie & Megan		10:15-11 a.m. Natalie	9:00-9:45 a.m. Natalie	9:00-9:45 a.m. Ally	8:30-9:15 a.m. Maddy

**Red Group - 3 to 4 boys and girls**  
**\$55 a month** for one class one day a week.  
**Unlimited rate is \$75 a month**  
**Drop in rate is \$15 a class** - if you drop in two or more classes in a row you are considered enrolled in the class.

Your child will engage in gymnastics-based gross motor skill-building movement. Beginning sport workouts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:15 a.m. Megan & Cassie	6:00 – 6:45 p.m. Maddy	10:15-11 a.m. Megan	6:00-6:45 p.m. Maddy	9:00-9:45 a.m. Cody	9:30-10:15 a.m. Maddy
6:00-6:45 p.m. Maddy					

**Blue Group - 4 to 5-year-olds**  
**\$65 a month** for one class a week.  
**Unlimited classes - \$90 a month.**  
**Drop in \$20 a class** - if you drop in two or more classes in a row you are considered enrolled in the class.

Emphasis for this class is placed on movement education with gymnastics skills as a base. The students work forwards tricks, backwards tricks, sideways tricks and handstands on the vault, bars, beam and floor. Great workout.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 a.m.- 12:30p.m. Natalie & Megan	6:00-7:00 p.m. Isa	9:00-10:00 a.m. Megan	11:00 a.m.-12:00 p.m. Natalie	10:00 -11:00a.m. Ally	9:30-10:30 a.m. Hailey
6:00-7:00 p.m. Maddy		2:30-3:30 p.m. Cassie	5:00-6:00 p.m. Maddy		
<b>3:30-4:30 LITTLE STARS (girls) – INVITE ONLY</b> Cassie		<b>3:30-4:30 LITTLE STARS (girls) – INVITE ONLY</b> Ally	6:00-7:00 p.m. Hailey	11:00-12:00 p.m. Ally	

**GOLD GROUP 5 to 6-year old BOYS AND GIRLS (Gold Group)**  
**\$65 a month** for one class a week.  
**Unlimited classes - \$90 a month.**  
**Drop in \$20 a class** - if you drop in two or more classes in a row you are considered enrolled in the class.

More formal gymnastics starts at this level. Emphasis for this class is placed on gaining forwards tricks, backwards tricks, sideways tricks and handstands on the vault, bars, beam and floor. Great place to get that cartwheel.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00-4:00 p.m. Holly	4:30-5:30 p.m. Maddy <b>BOYS ONLY</b>	2:30-3:30 p.m. Megan	5:00-6:00 p.m. Hailey	11:00 a.m. to 12:00 p.m. Ally	9:30-10:30 a.m. Jasmine
5:00-6:00 p.m. Carley	5:30-6:30 p.m. Hailey & Jasmine		6:00-7:00 p.m. Megan	3:30-4:30 p.m. Isa	10:30-11:30 a.m. Hailey

**New students:** Joining requires an annual club registration fee of \$25 per child. **THIS INCLUDES DROP IN STUDENTS.** Call, 530-823-2031, e-mail: auburngymnasticscenter@gmail.com or text 530-613-7907. Go to www.auburn-gymnastics.com - The gym is located at 290 Palm Ave. SAFETY FIRST!

**FRIDAY 5:30 to 7:30 p.m. COACH SUPERVISED OPEN GYM IN THE SMALL GYM, \$5 for members and \$10 for non-members, ages 3 and up and potty trained**  
**The 3rd Saturday of the month is Parents' Night out 5-9 p.m. \$20 per child**

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<b>LEVEL 1 7 and up BOYS AND GIRLS</b> <b>\$65 a month</b> for one class a week. <b>Unlimited classes - \$90 a month.</b> <b>Drop in \$20 a class</b> - if you drop in two or more classes in a row you are considered enrolled in the class. More formal gymnastics starts at this level. Emphasis for this class is placed on gaining forwards tricks, backwards tricks, sideways tricks and handstands on the vault, bars, beam and floor. Great place to get that cartwheel.					
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
3:00-4:00 p.m. Bekah	4:30-5:30 p.m. Maddy <b>BOYS ONLY</b>	9:00-10:00 a.m. Natalie	5:00-6:00 p.m. McKayla	3:30-4:30 p.m. Isa	10:30-11:30 a.m. Hailey
5:00-6:00 p.m. Maddy	6:00-7:00 p.m. McKayla	2:30-3:30 p.m. Megan	6:00 – 7:00 P.M. McKayla		
		5:30-6:30 p.m. Carley			

<b>LEVEL 2 INTERMEDIATE GIRLS RECREATIONAL GYMNASTICS - ALL AGES</b> <b>\$80 A MONTH FOR ONE DAY A WEEK</b> <b>\$110 FOR UNLIMITED</b> <b>DROP-IN \$25</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	3:30-5:00 p.m. Maddy	4:30-6:00 p.m. McKayla	3:30-5:00 p.m. Isa	4:30-6:00 p.m. Megan		10:30 a.m.-12 p.m. Jasmine

<b>LEVEL 3 ADVANCED GIRLS RECREATIONAL GYMNASTICS - ALL AGES</b> <b>\$80 A MONTH FOR ONE DAY A WEEK</b> <b>\$110 FOR UNLIMITED</b> <b>DROP-IN \$25</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	3:30-5:00 p.m. Maddy	4:30-6:00 p.m. Ally	3:30-5:00 p.m. Megan	4:30-6:00 p.m. Jasmine		10:30 a.m.-12 p.m. Maddy

<b>GIRLS LEVEL 4 ADVANCED 2 HOUR - ALL AGES</b> <b>\$90 A MONTH FOR ONE DAY A WEEK</b> <b>\$120 FOR UNLIMITED</b> <b>DROP-IN \$25</b>						
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
			5:30-7:30 p.m. Ally			

<b>BOYS ADVANCED &amp; PRE-TEAM</b> <b>\$110 (2 HOURS) ONE DAY A WEEK \$150 (2 HOURS) FOR UNLIMITED</b> <b>DROP-IN: \$20 (1.5 HOURS) \$25 (2 HOURS)</b>					
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SUNDAY</b>
		3:00-5:00 p.m. Cody/Jed		3:00-5:00 p.m. Cody/Jed	

<b>Tumbling - CO-ED AGES 6 AND UP- ALL LEVELS</b> <b>\$65 a month</b> for one class a week. <b>\$90 a month</b> unlimited classes <b>Drop in \$20 a class</b> - if you drop in two or more classes in a row you are considered enrolled in the class. Floor work and body conditioning. Warm up is 15 minutes and stations are broken for 15 min of forward tricks (rolls, dive rolls, handsprings) 15 backward (rolls, kickovers and handsprings) and 15 sideways (round off, cartwheel or aerials).						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
7:00-8:00 p.m. Isa	3:30-4:30 p.m. Ally & Maddy	<b>BACKHANDSPRING ONLY CLASS</b> 6:00-7:00 p.m. Meg 7:30-8:30 p.m. Carley	3:30-4:30 p.m. Maddy & Hailey & Sierra			

<b>Urban Gym - GREAT FITNESS CLASS WORKING WITH OBSTACLES</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
6:00 -7:00 p.m. Cody		6:30 -7:30 p.m. Cody				

New students: *Joining requires an annual club registration fee of \$25 per child. THIS INCLUDES DROP IN STUDENTS.* Call, 530-823-2031, e-mail: auburngymnasticscenter@gmail.com or text 530-613-7907. Go to [www.auburn-gymnastics.com](http://www.auburn-gymnastics.com) - The gym is located at 290 Palm Ave. SAFETY FIRST!