

AUBURN GYMNASTICS CENTER CLASSES — updated for 6/27/2017

OUR INSTRUCTORS ARE GYMNASTICS 101 AND ARE SAFETY CERTIFIED BY USA GYMNASTICS - THE 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		10:15-11 a.m. Natalie	9:00-9:45 a.m. Natalie	9:00-9:45 a.m. Haley F.	8:30-9:15 a.m. Isa

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. Natalie	6:00 – 6:45 p.m. Sierra	10:15-11 a.m. Tim	6:00-6:45 p.m. Kara	9:00-9:45 a.m. Sierra	9:30-10:15 a.m. Isa
6:00-6:45 p.m. Carley				10:00-10:45 a.m. Haley F.	

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		9:00-10:00 a.m. Tim	11:00 a.m.- 12:00p.m. Natalie	10:00 -11:00a.m. Sierra	9:30-10:30 a.m.
			5:00-6:00 p.m. Isa		
6:00-7:00 p.m. Isa	6:00-7:00 p.m. Isa	2:30-3:30 p.m. Cassie	6:00-7:00 p.m. Sierra	11:00-12:00 p.m. Sierra	
3:30-4:30 LITTLE STARS (girls) – INVITE ONLY Cassie		3:30-4:30 LITTLE STARS (girls) – INVITE ONLY 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. Carley	4:30-5:30 p.m. Mike BOYS ONLY	2:30-3:30 p.m. Megan	5:00-6:00 p.m. Megan	11:00 a.m. to 12:00 p.m. Sierra	9:30-10:30 a.m. Ally O
5:00-6:00 p.m. Carley			5:30-6:30 p.m. Mike	6:00-7:00 p.m. Megan	3:30-4:30 p.m. Carley

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

AUBURN GYMNASTICS CENTER CLASSES – updated for 6/27/2017

OUR INSTRUCTORS ARE GYMNASTICS 101 AND ARE SAFETY CERTIFIED BY USA GYMNASTICS - THE CLUB HOSTS TRAINING FOR COACHES AND ENCOURAGES PARENTS TO ASK YOUR CHILD'S COACH TONS OF QUESTIONS.

LEVEL 1 7 and up BOYS AND GIRLS \$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. Carley	4:30-5:30 p.m. Mike BOYS ONLY	9:00-10:00 a.m. Tim	5:00-6:00 p.m. Holly	3:30-4:30 p.m. Carley	10:30-11:30 a.m. Isa
5:00-6:00 p.m. Carley	6:00-7:00 p.m. Holly	2:30-3:30 p.m. Megan			
		5:30-6:30 p.m. Carley	6:00 - 7:00 P.M. Holly		

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

LEVEL 3 ADVANCED GIRLS RECREATIONAL GYMNASTICS - ALL AGES \$80 A MONTH FOR ONE DAY A WEEK \$110 FOR UNLIMITED DROP-IN \$25						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:30-5:00 p.m. Isa	4:30-6:00 p.m. Ally & Holly	3:30-5:00 p.m. Meg	4:30-6:00 p.m. Kara		10:30 a.m.-12 p.m. Ally O

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

BOYS ADVANCED & PRE-TEAM \$110 (2 HOURS) ONE DAY A WEEK \$150 (2 HOURS) FOR UNLIMITED DROP-IN: \$20 (1.5 HOURS) \$25 (2 HOURS)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
		4:00-6:00 p.m. Mike		4:00-6:00 p.m. Mike		

Tumbling - CO-ED AGES 6 AND UP- ALL LEVELS \$65 a month for one class a week. \$90 a month unlimited classes Drop in \$20 a class - 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).						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 p.m. Isa	3:30-4:30 p.m. Ally & Holly	BACKHANDSPRING ONLY CLASS 6:00-7:00 p.m. Meg	3:30-4:30 p.m. Isa			
		7:30-8:30 p.m. Carley				

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

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!