

SCHOOL YEAR SCHEDULE

September 2018- June 2019



Ongoing School Year Registration For All Classes

An online Registration Form needs completed before registering for classes!

Complete form at: www.metrogymnastics.com

CALL TO ENROLL-503-620-8939

****PRICES ON PAGE 2****

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15		THUMP/KANG KANGAROO SPINNER TINY TWISTER G		THUMPER KANGAROO SPINNER	THUMPER KANGAROO SPINNER	THUMPER KANGAROO SPINNER 2/3/4 GIRL
10:15	SPINNER	TODDLER THUMPER KANGAROO SPINNER	TODDLER THUMP/KANG KANGAROO	TODDLER KANGAROO SPINNER	THUMPER KANGAROO SPINNER	TODDLER KANGAROO SPINNER 1/2/3 GIRL
11:15		TODDLER KANG/SPIN	TODDLER KANGAROO			KANGAROO KANG/SPIN SPINNER 1/2/3 GIRL
12:30		KANG/SPIN	KANG/SPIN			\$30 YEARLY MEMBERSHIP FEE DUE AT ENROLLMENT
3:10	SPINNER TINY TWISTER G	KANGAROO SPINNER	KANG/SPIN SPINNER	KANGAROO SPINNER		JOIN THE FUN! FRIDAY 'S Kids CrossFit AGES 6-13 COED *STRENGTH TRAINING *AGILITY DRILLS *CONDITIONING *CIRCUITS *TEAM BUILDING *IMPROVE SKILLS
	1/2/3 GIRL	1/2/3 GIRL BOYS REC LV 1	1/2/3 GIRL	1/2/3 GIRL	1/2 GIRL Kids CrossFit ages 6-9 (60min)	
4:15	KANGAROO SPINNER	KANG/SPIN SPINNER	THUMP/KANG SPINNER	KANGAROO SPINNER	SPINNER	OPEN REGISTRATION *****
	1/2/3 GIRL 2/3 GIRL TWISTER GIRL BOYS REC LV2	1/2 GIRL 1/2/3/ GIRL 2/3 GIRL 3/4 GIRL BOYS REC LV 2	1/2 GIRL 2/3 GIRL TWISTER GIRL BOYS REC 1	1/2 GIRL 2/3/4 GIRL BOYS REC LV 1	1/2 GIRL Kids CrossFit ages 9-13 (60min)	
5:25	KANGAROO SPINNER	SPINNER	KANG/SPIN KANGAROO SPINNER	SPINNER		only one make up per month -see policy on back
	1/2/3 GIRL 1/2/3 GIRL XCEL GIRL 2 hrs BOYS REC LV 2	1/2 GIRL 2/3 GIRL XCEL GIRL 2.5hrs BOYS REC LV 1	1/2 GIRL 1/2/3 GIRL 2/3/4 GIRL XCEL GIRL 2 hrs	1/2 GIRL 2/3/4 GIRL XCEL GIRL 2.5 hrs BOYS REC LV 1	2/3/4 GIRL Kids CrossFit ages 6-9 (60min)	
6:30			SPINNER	SPINNER		GYM Calendar *4/1 Summer Registration *5/18 Mini-Nationals *5/27 CLOSED MEMORIAL DAY *6/15 Dance Showcase *6/22 LAST WEEK School Year classes *6/24 Summer Classes/Camps begin
	1/2/3 GIRL MS 2/3/4 GIRL MS BOY(1 HR)	1/2/3 GIRL MS 2/3/4 GIRLS T & T/CrossFit ALL LEVELS (coed) 6 yrs +	1/2 GIRL 2/3 GIRL 3/4 GIRL MS GIRL MS BOY(1.5)	1/2 GIRL MS GIRL BOYS REC LV 2		



Class Information & Tuition Policies for 2018-19

- Children will be AUTOMATICALLY RE-ENROLLED month to month.
- Payment is due the 1st of each month. Credit cards are required to be on file and will be automatically charged after the 7th of each month, if not paid by another preferred method or different credit card
- We accept credit cards, checks and cash.
- 10% discounts are given on multiple classes or children.
- (NO CASH, CHECK or CREDIT CARD refunds will be given)

MEMBERSHIP FEE

Metro Gymnastics Center charges a Yearly Family Membership fee of \$30.00.

This fee is due in September (or upon initial registration), and runs through August of the following year.

All NEW Metro parents MUST complete our ONLINE registration form!

WITHDRAWAL/CANCELLATION POLICY

* CLASSES ARE ONGOING AND PAID MONTHLY

* I understand that if I plan to WITHDRAW FROM CLASS, I must submit a written WITHDRAWAL NOTICE no later than my LAST class of the current month.

* If I cancel class ON OR AFTER the 1st day of the new month, I understand a \$25.00 CANCELLATION FEE will be charged to my credit card on file.

* If I choose to DROP class AFTER the new month is in progress, I will be charged for the full month of classes. (NO CASH, CHECK or CREDIT CARD refunds will be given)

* 1 make up per month is offered, regardless of the number of classes missed. MAKE UPS MUST BE PRESCHEDULED

* ALL Trial classes are the regular price of one class*

Metro Kids CrossFit AGES 6-17 (CO-ED) Taught by Teacher Chacho

CrossFit is an approach to functional movements that incorporate the best aspects of gymnastics and other sports by utilizing circuit strength training, conditioning, speed and agility drills. The goal will be to develop, improve and optimize their physical skills and athletic prowess.

GIRLS RECREATIONAL GYMNASTICS AGES 6 YEARS & OLDER

DIRECTOR: LYNN MCCAFFREY
lmcaffrey@metrogymnastics.com

Metro's Girls Recreational program provides training of the basic gymnastics skills-flexibility, balance, strength, coordination & agility. In the non-competitive atmosphere of the "REC" classes, kids develop attributes that are stepping stones for advancing through more complex gymnastics movements. These basic skills are important to learn for all other sports and activities!
(SEE LEVELS BELOW FOR LENGTH OF CLASSES)

BOYS RECREATIONAL GYMNASTICS AGES 6 YEARS & OLDER

info@metrogymnastics.com

The Boys' Recreational program is structured to teach strength, flexibility, balance, and common gymnastics movements. Our classes build self-awareness as well as self-confidence. Our goal is to help boys find within themselves, through the process of mastering their bodies, positive characteristics that they can develop throughout their lives and to have fun doing it!
(SEE LEVELS BELOW FOR LENGTH OF CLASSES)

REC CLASS LEVEL

AGE

MONTHLY PRICE

Rec GIRL Level 1-4 (1 hour)	6 yrs & older	\$80.00
Twister Girl (1 hour)	5 yrs & older (Teacher Placement)	\$80.00
Middle School Girls (1 hour)	9.5 yrs - 15 years—all levels	\$80.00
Tumble & Trampoline-(1 hour) co-ed	6 yrs & older-all levels-focus on Tumbling	\$80.00
Kids CrossFit co-ed	6-9 yrs 45 mins, 9-17 yrs 60 mins	\$74-45mins*\$80-60mins
XCEL GIRLS (2 hrs M/W*T/TH 2.5 hrs)	Rec Level 4 & higher (Teacher Placement)	\$114-2hrs*\$125-2.5hrs
BOY Level 1-3 (1 hour)	6 yrs to 9 years—all levels	\$80.00
Middle School BOY (1.5 hours)	10 yrs to 16 years—all levels	\$90.00

MINI-MOVER--PRESCHOOL AGE GYMNASTICS – AGES 12 months-Kindergarten

DIRECTOR: LYNN MCCAFFREY lmcaffrey@metrogymnastics.com

Mini-Mover classes are based on your child's age—not his/her gymnastics experience. Each class explores age appropriate activities, as well as activities involving basic movements such as balance, strength & coordination. All of these classes will also focus on important social skills like sharing, taking turns, staying on task & group cooperation!

CLASSES 45 minutes

AGE

RATIO

MONTHLY PRICE

TODDLER (adult participation required)	Walking – 2 ½ years	10:1	\$66.00
THUMPER	2 ½ - 3 years	5:1	\$74.00
KANGAROO	3 - 4 years	6:1	\$74.00
SPINNER	4 – 5 years	7:1	\$74.00
TINY TWISTER (Teacher Placement)	3 – 5 years	8:1	\$74.00

Metro Gymnastics Center

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