



K-Bay Gymnastics Bldg 1583

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 Dance Movement Academy and K-Bay Gymnastics

<u>Class</u>	<u>Age</u>	<u>*Days & Times, Coaches</u> *Subject to changes. No classes on the 5 th week, unless posted on school calendar	<u>Description</u> CLASS RATIO 8-12 PER COACH Students are grouped per abilities & skills	<u>4 Weeks Monthly Fee</u> due on the 1 st of the month 1 st child / 2 nd fee
Tot's Gym	2.5-3.5	Friday 10:40-11:20 am Saturday 1:00-1:40 pm	Fun and Foundation Introduction to forms and skills	\$52/\$46
Pre-K Gym (Boys & Girls)	3.5-5	Monday 9:50-10:30 am Monday 10:40-11:20 am Tuesday 9:50-10:30 am Tuesday 10:40-11:20 am Tuesday 3:10-3:50 pm Friday 9:00-9:40 am Friday 9:50-10:30 am	Fun and Foundation Introduction to shapes, forms and skills for basic tumbling, bars, beam, vault Progression to Kindergym	\$52/\$46
Kindergym (Boys & Girls)	5-7	Monday 3:00-3:50 pm Tuesday 3:00-3:50 pm Wednesday 3:00-3:50 pm Thursday 4:00-4:50 pm Friday 4:00-4:50 pm Saturday 9:00-9:50 am	Beginner Level Same as Pre-K but increased conditioning, flexibility, and drills Progression to Gym 1, Hot Shots or Gym 2 based on age and skills	\$59/\$52
Gym 1 (Girls Only)	7-12	Monday 4:00-4:50 pm Tuesday 4:00-4:50 pm Wednesday 4:00-4:50 pm Thursday 3:00-3:50 pm Friday 3:00-3:50 pm Saturday 12:00-12:50 pm	Beginner Level Same as Kindergym just by age difference. Progression to Gym 2	\$59/\$52
Gym 2	7-17	Tuesday & Thursday 6:00-7:20 pm	Girls only. Intermediate Level. Progression to Pre-Team. <u>Per evaluation</u>	\$118/\$109
Tumbling 1	7-17	Tuesday 5:00-5:50 pm Saturday 11:00-11:50 am	Boys & Girls. Beginner Skills. Progression to Tumbling 2	\$59/\$52
Tumbling 2	7-17	Thursday 5:00-5:50 pm	Boys & Girls. Inter./Adv. <u>Per Evaluation.</u>	\$59/\$52
Boys Gym	7-12	Saturday 10:00-10:50 am	All Levels	\$59/\$52
Mini Hot Shots	4-5	Mon & Fri 11:30-12:50 am	Boys & Girls. Accelerated Pre-K training. <u>Per Evaluation.</u> Progression to Hot Shots	\$118/\$109
Hot Shots	5-8	Mon & Wed 5:00-6:20 pm	Girls Only. Accelerated training. <u>Per Evaluation</u> Progression to G 2 or Pre Team	\$118/\$109
Pre & Team	6-17	Tue, Thu 6:00-7:50pm, Fri 5:00-7:00pm	Girls Only. Intermediate to Advanced Progression to Competitive Team.	\$207/\$192

Sign up at the SEMPER FIT MAIN GYM, BLG 3037 Phone: (808)254-7597

(Based on availability Monday-Friday 7:30-16:30. Bring child's Birth Certificate)

Stop Class: at the Semper Fit Main Office. It is required to be signed prior to the 15th of previous month

Requirements: Parents are required to bring & pick your child on time. Please do not enter if checking in to class is done. Parents with no siblings limited to maximum of 6 are able to observe class quietly, after doing the check in. Children 10 years old and younger require a parent waiting outside.

Boys & Girls: No jewelry. Hair secured tied back. No food inside. Bring your own water bottle to class- *It is a must!*

Dress Code: Girls- any gymnastics leotard of your choice. Only Gymnastics is acceptable, if over leotard.

Boys- plain white t-shirt (*without logo*) tucked in. Black shorts (*no pockets, zippers or loose ties*)

