

2010 / 2011 School Year: SPIRIT GYMNASTICS SCHEDULE

www.spiritgym.com

Sep 13, 2010 - May 28, 2011: Preschool, Girls & Boys Rec, Other, Pre-Team
 Sep 6 - Nov 13, 2010 & Mar 1 - Jun 11, 2011: High School

Classes	Description	time length	Cost/month at 1 day/week** **Sep cost is shown as (\$_._)	Age	Times offered						
					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Preschool											
Spot Ur Tot	We stress safety, fun and appropriate group interaction. Our goal is to develop motor skills & body awareness by incorporating exciting exercises on traditional gymnastics apparatus (vault, bars, beam, floor, tramp & Tumbtrak).	45 minutes	\$45 (\$33.75)	Boys & Girls 18 months- 3 years		10:30-11:15 am	10:30-11:15 am				
Early Development		45 minutes	\$58 (\$43.50)	Boys & Girls 3 - 5 years		10:30-11:15 am 6:15-7:00pm	10:30-11:15 am	6:15-7:00pm	4:15-5:00pm	9:15-10:00am	
Dancing Gym Bugs	A comprehensive program combining creative movement, ballet and gymnastics for preschoolers. We will have a fun show at the end to show off all our new skills!	45 minutes	\$45 (\$33.75)	Boys & Girls 3-5 years	10:30-11:15 am						
Girls Recreational											
Kindergarten	Recreational builds a good foundation of basic gymnastics skills in a safe and fun environment. We best achieve this by dividing the gymnasts into appropriate age groups. Gymnasts are challenged to improve their strength, flexibility & skills and allowed to do so at their pace	60 minutes	\$64 (\$48)	Boys & Girls in kindergarten in 10/11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rec 1		90 minutes	\$84 (\$63)	Girls, 1st & 2nd grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am	
Rec 2		90 minutes	\$84 (\$63)	Girls, 3rd & 4th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am	
Rec 3		90 minutes	\$84 (\$63)	Girls, 5th & 6th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am	
Rec 4		90 minutes	\$84 (\$63)	Girls, 7th & 8th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am	
Boys Recreational											
Boys 1	We aim to increase acrobatic & athletic skill in a safe and fun environment, utilizing our gym's apparatus (vault, bars, beam, floor, p bars, tramp & tumbtrak).	60 minutes	\$64 (\$48)	kindergarten & 1st grade in 10/11 school year				6:30-7:30pm		12:30-1:30pm	
Boys 2		120 minutes	\$104 (\$78)	3rd grade & up in 10/11 school year				6:30-8:30pm		12:30-2:30pm	
Other Programs											
Open Gym	Come work on your skills at Open Gym! No pre-registration required.	2 hours	\$10/1st gr & up \$5/kind & younger	Kids of ALL AGES! Kindergarten & younger must be w/Adult	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
										2:00-4:00pm	
High School Power Training											
Fall	For competitive athletes in Jr. & Sr. High School. Fall: Sep 6 - Nov 13(2.5 months) Winter: Mar 1st - May 7th (2.5 months) Spring: May10th - Jun 11th (1.25 months)	3 hours	\$120	Competitive Gymnasts, 8th-12th grade in 10/11 school year	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Winter		3 hours	\$120			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm	
Spring		3 hours	\$120			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm	
Pre-Team											
Dynos	For girls preparing for USAG competitive gymnastics.	2 hours 2x/week	\$112 (\$84)	by invitation only	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					6:00-8:00pm		6:00-8:00pm				

\$20 ANNUAL REGISTRATION FEE & MONTHLY TUITION DUE WITH EACH REGISTRATION (registration fee paid annually at time of initial registration for that new school year.)

Discounts:
Multiple Class Discount \$10 off total tuition for each additional class
Sibling Discount \$10 off total tuition for each additional sibling
Referral Discount \$20 off total tuition applied next month
 Tuition chart reflects one class per week.
 Tuition sums for each added class, minus appropriate discount(s).
Tuition due by 1st of each month.
 Tuition & discounts are prorated and rounded to nearest dollar when joining after start of month.
 Less than 4 athletes per group may result in class cancellation or combination with another group.
 Gymnasts can/may be moved to different group per ability, coach discretion and parental consent.

Make-ups:
 Make-ups need be scheduled for an alternate class day during session of missed class.
 Please email askme@spiritgym.com or the desk to schedule.
 Due to Spirit's Relationship with Hamline University, we can experience scheduling conflicts. During a session if a class is cancelled we invite you to take advantage of the other scheduled days as a make-up class.

No Class:
 makeups are during another weekly class period.
 Thu Nov 25th - Fri Nov 26th
 Fri Dec 24th - Sat Jan 1st
 Tue Feb 1st
 Sat May 21st

Online Registration: Visit www.spiritgym.com to register for classes online. Online Registration starts NOW!!

MAILING ADDRESS: Spirit Gym
 Hamline University, MS-A1795
 1536 Hewitt Ave.
 St. Paul, MN 55104
 PHONE: 651-523-2383
 EMAIL: askme@spiritgym.com
 LOCATION: Walker Fieldhouse (Snelling & Taylor)
 1550 Taylor Ave, St. Paul 55104

Hamline Gymnastics Home Meets
 Sat Jan 8th @ 2pm
 Tue Feb 1st @ 6:30pm
 Sun Feb 27th @ 1pm
 Gym Camp at Hamline: Jun 12-17 & 19-24, 2011

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