

**Spirit Gymnastics Schedule 2011/2012 School Year**  
**September 12, 2011 - May 25, 2012**

www.spiritgym.com  
**Register NOW!!**

CONFIDENCE      DISCIPLINE      ACHIEVEMENT      LAUGHTER      STRENGTH

Classes	Description	Length of class	Cost per month for 1x/week (Sept.)	Age	Times offered					
					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Preschool</b>										
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 & tumble trak).	45 minutes	\$54 (\$40.50)	Boys & Girls 18 months-3 years		10:30-11:15 am	10:30-11:15 am			
Early Development		45 minutes	\$58 (\$43)	Boys & Girls 3 - 5 years		10:30-11:15 am 6:15-7:00pm	10:30-11:15 am	6:15-7:00pm	4:00-4:45pm	9-9:45am
Dancing Gym Bugs	A comprehensive program combining creative movement, ballet and gymnastics for preschoolers.	45 minutes	\$58/(43)	Boys & Girls 3-5 years		9:30-10:15	9:30-10:15			
<b>Early Dev boys &amp; girls 3yrs</b>	<b>Early development class just for 3 year olds</b>	45 minutes	\$58(43)	Boys & girls 3 years	<b>9:30-10:15</b>				<b>9:30-10:15</b>	
<b>Early Dev girls 4-5 yrs</b>	<b>Early development class just for 4-5 year old girls</b>	55 minutes	\$64(\$48)	Girls 4-5 years	<b>10:30-11:25</b>				<b>10:30-11:25</b>	
<b>Busy Boys</b>	<b>Early Dev class just for 4-5 year old boys</b>	55 minutes	\$64(\$48)	Boys 4-5 years	<b>11:30-12:25</b>				<b>11:30-12:25</b>	
Preschool Open Gym	Come have fun with your child at Spirit. No registration required	2 hours	\$8/child \$10/family	Preschool age				9:30-11:30		
<b>Girls Recreational</b>					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kindergarten		55 minutes	\$64 (\$48)	Girls in kindergarten in 11/12 school year		6:15-7:10pm		6:15-7:10pm	4:00-4:55pm	9-9:55am
Rec 1- Beginner	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 and skill groups. Gymnasts are challenged to improve their strength, flexibility & skills and allowed to do so at their pace	55 minutes	\$64 (\$48)	Beginner (must be at least 1st grade start of 2011-12 school year)		6:15-7:10pm		6:15-7:10pm	4:00-4:55pm	10:00-10:55am
Rec-2-Advanced Beginner		90 minutes	\$84 (\$63)	Advanced Beginner I (must be at least 1st grade start of 2011-12 school year)		7:15-8:45pm		7:15-8:45pm	5:00-6:30pm	10:00-11:30am
Rec 3- Intermediate		90 minutes	\$84 (\$63)	Intermediate (must be at least 1st grade start of 2011-12 school year)		7:15-8:45pm		7:15-8:45pm	5:00-6:30pm	10:00-11:30am
<b>Boys Recreational</b>					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boys 1	The goal of the boy's class is to increase acrobatic & athletic skill, to be safe and to have fun, utilizing our gym's apparatus (vault, bars, beam, floor, p bars, tramp & tumble trak).	55 minutes	\$64 (\$48)	Boys in kindergarten or 1st grade in 11/12 school year		6:00-6:55pm				
Boys 2		120 minutes	\$104 (\$78)	Boys in 2nd grade or above in 11/12 school year		6:00-8:00pm				11:00-1:00pm
<b>Other Programs</b>					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	Come work on your skills at Open Gym! No registration required.	2 hours	\$10/child	Boys & Girls Kindergarten & up						2:00-4:00pm
<b>Tumble Bears</b>	Introductory Trampoline for boys & girls 5-8	90 minutes	\$84(\$63)	Boys & Girls 5-8 years						<b>11:00-12:30pm</b>
Tramp & Tumbling	Acrobatics, tramp and conditioning for boys & girls	120 minutes	\$104	Boys & Girls 8+					<b>5:00-7:00pm</b>	
<b>X-Treme Tramp &amp; Tumbling</b>	Tramp for martial artists, snowboarders & other sports	90 minutes	\$120	Boys & Girls 7+	<b>8-9:30pm</b>					<b>12:30-2pm</b>
<b>Adult Tramp &amp; Tumbling</b>	Have fun and stay fit. Fun class for adults 18+	90 minutes	\$120	Men & Women 18+			<b>8-9:30pm</b>	<b>11:30am-1pm</b>		
<b>High School</b>	<b>***NEW***HS PUNCH CARDS***NEW***</b>				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fall	Purchase 8 classes for Winter session card (\$240) and attend any time. Purchase 5 classes for Spring session card(\$150). Cards expire at the end of each session.	3 hours		For competitive athletes in Jr. & Sr. High School during the 2011-12 school year		6:00-9:00pm			4:00-7:00pm	12:00-3:00pm
Winter Mar 5th - May 5th (9 weeks)		3 hours	\$240 punch card			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm
Spring May 8th - Jun 9th (5 weeks)	Purchase more than 1 card per session & receive 1 free class. No other discounts apply	3 hours	\$150 punch card			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm

**\$20 ANNUAL REGISTRATION FEE & SEPTEMBER TUITION DUE WITH EACH REGISTRATION** (registration fee only paid upon initial registration during each 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 24th - Fri Nov 25th  
 Sat Dec 24th - Sat Dec 31st  
 Sat May 19th

**Online Registration:** Visit [www.spiritgym.com](http://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 Field House  
 1550 Taylor Ave, St. Paul 55104

**Hamline Gymnastics Home Meets**  
 Sun Jan 8th @ 1pm  
 Sun Feb 26th @ 1pm  
**Gym Camp at Hamline: Jun 10-15 & 17-22, 2012**