

Titan Gymnastics Class Schedule 2017/2018

Preschool and Weekend

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
10am	playdate		M+T			
11am			3-4yr 5-6			3-4yr 5-6yr
12pm	3-4yr 5-6		5-6yr 3-4			5-6yr 7-9yr Boys 8+
1pm	5-6 3-4		5-6yr 3-4			
2pm			5-6yr 3-4			
3pm		Home School				

After School

Classes are based on age *and* ability level. Unless otherwise specified, all after school classes for ages 6 and older are for girls only. Classes with out specific Level designations (1,2,3) are Level 1.

Understanding the schedule: **6-9yr(2)=[6-9yr] –athletes ages 6-9; **[(2)]**- Class level 2

	Monday	Tuesday	Wednesday	Thursday	Friday
4pm	6-9yr (1+2)	4-5yr 7-9yr	Boys 6-8yr 9-12yr (1+2) 4-5yr	6-9yr (1) 4-5yr	4-5yr 6-9yr (1+2)
5pm	4-5yr	6-9yr (1)	6-9yr (1+2) 4-5yr	12+ 5-6yr	Boys 9+ 6-9yr (1)
6pm	5-7yr tumble (1)	6-9yr (2)	6-9yr (2) 10-12yr (1+2)	8-12 tumble 6-9yr (2)	8-12 tumble (All levels)
7pm	Level 3		5-7 yr. tumble 8-12 tumble (All Levels)	Level 3	Open Gym 7:30-9pm
8pm			HS Tumble (all Levels)		

Important Information

General Recreational Classes:

Classes are based on age and ability level. Athletes may only progress to the next level after demonstrating mastery of the previous levels skills. Please see “**Class Skills Sheet**” for more information.

“**Home School**” is a class reserved for athletes who are home schooled.

“**Tumble**” classes are classes that work only floor skills. These are for cheerleaders and anyone interested in “flipping”. These include trampoline, rod floor and tumble trak as well.

At Titan we accept enrollment, depending on availability, at any time during any session. Should you be enrolling your child in a week other than the first, you will be given the option to either prorate, or make up classes missed.

We allow only 2 make-ups per 8week session. Make-ups are the responsibility of the parent, and **must** be scheduled through the office. Absolutely no walk-in make-ups will be permitted. Except in the case of long term illness or injury, there is no prorating, or refunding for missed classes. Make-ups do not carry over from one session to another, you must make-up missed classes during the session in which they occur.

Classes subject to cancellation due to low enrollment

Need a class you don't see? Ask us and we will do our best to accommodate!!

Refunds

Registration and insurance fees are 100% non-refundable.

Except in the case of long term illness or injury no refunds will be given after the third week of the session

Tuition

Annual (September- September) Registraion/Insurance Fee: \$35(non refundable)

1hr Class: \$190.00/8 weeks

45 min Class: \$170/8 weeks

Play date: \$10.00/date

Pay -per-class: \$30.00/class. **Only available for HS tumble classes** (subject to availability)

Friday night Open Gym (7+): \$5/member, \$15/non member*

*Members must be enrolled in the **current session**. ***Private lesson students are not considered members***

Class Skills Sheet

The skills listed below are the skills an athlete needs to have 75% of be at a particular level. They are also the skills you can expect an athlete to learn at the previous level. All athletes must be evaluated by a coach at level one before being placed at another level.

	Bars	Beam	Floor	Vault
Level 1 This level is for beginning athletes. Here is where the foundation for success is built!	-	-	-	-
Level 2	-Pull over -Back Hip circle -Front support -Forward roll -Forward roll -Chin to bar min 5 seconds -Casting	(High) -Front back and side walks -Lunge - $\frac{3}{4}$ handstand -Safe landing -jump -dismount -Round off -dismount (Low) -Handstand -Carwheel -Forward roll	-Forward -Back ward rolls -Handstand -Handstand forward roll -Handstand to bridge -Cartwheel -Round off -Bridge kick over -Assisted back handspring	-Running approach -Hurdle to 2 feet -Squat on -Safe jump -dismount -Handstand front - -Assisted handspring
Level 3	Class athletes at this level must be invited to a class by a coach. This level class will contain athletes of all ages.			

Questions? 973 300 2022 or info@titangymnastics.com

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