



ROHNERT PARK GYMNASTICS
320 Professional Center Drive # 150
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WHY TAKE GYMNASTICS?

Gymnastics - a spectacular combination of breathtaking grace, balance, somersaults, and strength. There is nothing else like it in the world. Some experts say the benefits for children participating in a gymnastics program are physical. Others say the primary benefits are mental and psychological. Which is right? It is all three, without a doubt.

The Physical Benefits: Whatever their physical capabilities are when they start a gymnastics class, after a short period of time our students see an increase in flexibility, strength, grace and coordination.

The Mental Benefits: Increased concentration, poise, perseverance and attention to detail.

The Psychological Benefits: Gymnastics puts kids in situations that just don't exist anywhere else. Balancing on the beam, flipping on the floor or swinging around a bar. When our students realize that they can succeed at these seemingly impossible tasks, it is an incredible confidence and self-belief builder.

ABOUT ROHNERT PARK GYMNASTICS

Since 1987, Rohnert Park Gymnastics has been building the future of Sonoma County youngsters. While Rohnert Park Gymnastics has long been recognized for its athletic programs, our #1 goal is developing happy, healthy, and confident children in a safe and fun environment. In fact, our primary job at Rohnert Park Gymnastics is not to teach gymnastics. Our real job description is "People Builders."

We teach hundreds of kids per session here. Many of our students become successful soccer players, dancers, baseball players, cheerleaders, etc. The lessons they learn here and take with them when they leave have very little to do with gymnastics and very much to do with self-confidence; with learning that they can face a challenge and succeed; with realizing they are stronger and braver and more capable than they ever imagined! Gymnastics is the tool that we use to build these results in children. It is a great tool, but it is just a tool. The kids are what count!

ROHNERT PARK GYMNASTICS 2010 CALENDAR (707) 585 - 9377

SPRING SESSION March 1 to May 29

1st Installment Period - March 1 to April 17

Discount Rate Week - February 8 to 13

2nd Installment Period - April 19 to May 29

Discount Rate Week - March 29 to April 3

Special Events
FLIPPING OUT

Saturday, May 8

GYM CLOSED

Spring Break

April 5 to April 10

SUMMER SESSION Unlimited Gymnastics!

FLEXI-PLAN TUITION

Build your gymnastics around your Summer Vacation
May 31 to July 31

Discount Rate Week - May 17 to 22

Make - up Days

May 31 (Memorial Day)

July 5th (July 4th Holiday)

HOT AUGUST DAYS

August 2 to August 28

Special 4 week Session

30% off Tuition!

Discount Rate Week - July 19 to 24

GYM CLOSED - August 30 to September 5

FALL SESSION September 6 to November 27

1st Installment Period - September 6 to October 16

Discount Rate Week - October 4 to 9

2nd Installment Period - October 18 to November 27

Discount Rate Week - November 15 to 20

Make - up Days

September 6 (Labor Day)

November 24, 25, 26, 27 (Thanksgiving Holiday)

Rohnert Park Gymnastics 2010 Class Schedule

www.rpgym.com

585-9377

Tuition is based on a 3 month Session and is paid in 2 installments. Tuition is due during the **Discount Rate Week** (see calendar). The Regular Rate is applied to tuition payments received after the Discount Rate Week. We offer sibling discounts to all immediate family members enrolled after the first student. Rohnert Park Gymnastics also offers **Cheap Flips** classes. These classes are offered at a reduced rate at times of the day when the gym is usually slower. An annual \$40 registration fee is due for each student when they enroll in classes.

TUMBLE TOTS

All Tumble Tot classes are 45 minutes long

DIAPER DYNAMOS (Walking - 3 Yrs.)

Tuesday, Friday, Saturday 9:00 AM

MOM, POP & ME

(2½ - 3½ Yrs. with parents)

Monday, Thursday 10:15 AM

Tuesday 10:45 AM

Wednesday 4:00 PM

Saturday 10:00 AM

TUMBLE TOTS 1 (3 - 4½ Yrs.)

Monday, Thursday 9:30 AM

Friday, Saturday 10:45 AM

Tuesday **Cheap Flips** 1:00 PM

Wednesday 3:15 PM

Wednesday **Cheap Flips** 6:00 PM

TUMBLE TOTS 2 (4 - 5½ Yrs.)

Monday 11:00 AM

Tuesday, Friday 10:00 AM

Tuesday **Cheap Flips** 1:00 PM

Tuesday 3:35 PM

Wednesday **Cheap Flips** 6:00 PM

Thursday 3:35 PM

Saturday 10:45 AM

BOYS CLASSES

BOYS LEVEL 1 & 2 Kindergarten - Up

Monday 5:55 - 6:55 PM

Tuesday **Cheap Flips** 1:45 - 2:45 PM

Wednesday 4:50 - 5:50 PM

Saturday 11:40 - 12:40 PM

BOYS LEVEL 3

Thursday 4:30 - 5:45 PM

GIRLS CLASSES

CARTWHEELERS

Kindergarten - 3rd Grade

Mon., Tues., Weds. 3:30 - 4:30 PM

Tuesday **Cheap Flips** 1:45 - 2:45 PM

Thursday 4:50 - 5:50 PM

Friday **Cheap Flips** 3:30 - 4:30 PM

Saturday 11:40 - 12:40 PM

FLIPPERS & GLIDERS

(Must be evaluated to enroll)

Kindergarten - 3rd Grade

Monday 4:35 - 5:50 PM

Tuesday **Cheap Flips** 1:45 - 3:00 PM

Tuesday & Wednesday 4:40 - 5:55 PM

Thursday 3:30 - 4:45 PM

Friday **Cheap Flips** 4:35 - 5:50 PM

Saturday 12:40 - 1:55 PM

FLIPPERS & GLIDERS

4th Grade - Up

Monday 5:15 - 6:30 PM

Tuesday **Cheap Flips** 1:45 - 2:45 PM

Wednesday 4:40 - 5:55 PM

Friday **Cheap Flips** 4:35 - 5:50 PM

Saturday 12:40 - 1:55 PM

LEAPERS, SPRINGERS & TWISTERS

(Must be evaluated to enroll)

Mon., Thurs., Fri. 3:45 - 5:15 PM

Wednesday 6:00 - 7:30 PM

ACRO (Tumble & Tramp) CLASSES

(Boys and Girls ages 10 & Over)

Tuesday 6:00 - 7:00 PM

Wednesday 6:45 - 7:45 PM

SPRING SESSION TUITION

CLASS LEVEL	Discount Installment Rate	Regular Rate
DIAPER DYNAMOS		
Unlimited Attendance	\$87	add \$15
Drop In	\$10	
MOM, POP & ME		
1 Class a week	\$106	add \$15
2nd Class per week, add	\$40	
TUMBLE TOTS 1 & 2		
1 Class a week	\$114	add \$15
2nd Class per week, add	\$43	
CARTWHEELERS, BOYS 1 & 2, ACRO		
1 Class a week	\$123	add \$15
2nd Class per week, add	\$47	
FLIPPERS & GLIDERS, BOYS LEVEL 3		
1 Class a week	\$148	add \$15
2nd Class per week, add	\$56	
LEAPERS, SPRINGERS, & TWISTERS		
1 Class a week	\$174	add \$15
2nd Class per week, add	\$66	
CHEAP FLIPS CLASSES		
TUMBLE TOTS 1 & 2		
1 Class a week	\$97	add \$15
CARTWHEELERS, BOYS 1 & 2		
1 Class a week	\$104	add \$15
FLIPPERS & GLIDERS		
1 Class a week	\$126	add \$15