

Rohnert Park Gymnastics 2010/2011 Class Schedule 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 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, which are offered at a reduced rate at times of the day when the gym is usually slower. All weekday morning classes will be **Cheap Flips** through November 28th. An annual \$40 registration fee is due for each student when they enroll in classes.

TOTS CLASSES

All Tumble Tot classes are 45 minutes long

DIAPER DYNAMOS (Walking - 3 Yrs.)

Tuesday, Friday, Saturday 9:00 AM

MOM, POP & ME

(2½ - 4 Yrs. with parents)

Mon. & Thurs. **Cheap Flips** 10:15 AM

Tues. & Fri. **Cheap Flips** 10:45 AM

Saturday 10:00 AM

TUMBLE TOTS (4 - 5 Yrs.)

Mon. & Thurs. **Cheap Flips** 9:30 AM

Mon. & Tues. 3:30 PM

Tues. & Fri. **Cheap Flips** 10:00 AM

Tues., Weds., Fri. 6:00 PM

Tuesday **Cheap Flips** 1:00 PM

Wednesday **Cheap Flips** 2:30 PM

Wednesday 3:15 PM

Thursday 3:35 PM

Saturday 10:45 AM

BOYS CLASSES

BOYS LEVEL 1 & 2 Kindergarten - Up

Monday 5:25 - 6:25 PM

Tuesday **Cheap Flips** 2:30 - 3:30 PM

Wednesday 4:40 - 5:40 PM

Saturday 10:30 - 11:30 AM

BOYS LEVEL 3

Tuesday 4:40 - 5:55 PM

Thursday 5:45 - 7:00 PM

Saturday 11:40 - 12:55 PM

Classes must have a minimum of 3 students enrolled to remain open.

GIRLS CLASSES

CARTWHEELERS

Kindergarten - 3rd Grade

Monday 4:20 - 5:20 PM

Tuesday **Cheap Flips** 1:15 - 2:15 PM

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

Thursday 4:40 - 5:40 PM

Saturday 1:00 - 2:00 PM

FLIPPERS & GLIDERS

4th Grade & Up

Mon. & Thurs. 3:30 - 4:45 PM

Tuesday **Cheap Flips** 2:15 - 3:30 PM

Tues, Weds., Fri 4:40 - 5:55 PM

Saturday 11:40 - 12:55 PM

LEAPERS & SPRINGERS

(Must be evaluated to enroll)

Mon. & Thurs. 4:50 - 6:20 PM

Wednesday 6:00 - 7:30 PM

Friday 3:45 - 5:15 PM

TWISTERS

(Must be evaluated to enroll)

Mon. & Thurs. 4:50 - 6:35 PM

Wednesday 6:00 - 7:45 PM

ACRO CLASSES

(Tumbling & Trampoline)

Boys and Girls ages 10 & Over

Tuesday 6:00 - 7:00 PM

Wednesday 6:45 - 7:45 PM

Friday 5:25 - 6:25 PM

TUMBLE TIME

(Open Workout for Rec. Students)

Saturday 1:00 - 2:15 PM

ULTIMATE GYMNASTICS is BACK!

Students sign up for 2 core classes per week, but may attend 1 extra class per week on a first come, first serve basis. You must call in advance to make sure we have room in the extra class. Students who do not call in advance may not be able to participate due to lack of space.

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
<i>Ultimate Gymnastics</i>	\$46	

TUMBLE TOTS		
1 Class a week	\$114	add \$15
<i>Ultimate Gymnastics</i>	\$51	

CARTWHEELERS, BOYS 1 & 2, ACRO		
1 Class a week	\$123	add \$15
<i>Ultimate Gymnastics</i>	\$57	

FLIPPERS & GLIDERS, BOYS LEVEL 3		
1 Class a week	\$148	add \$15
<i>Ultimate Gymnastics</i>	\$66	

LEAPERS & SPRINGERS		
1 Class a week	\$174	add \$15
<i>Ultimate Gymnastics</i>	\$77	

TWISTERS		
1 Class a week	\$199	add \$15
<i>Ultimate Gymnastics</i>	\$89	

CHEAP FLIPS CLASSES

MOM, POP & ME		
1 Class a week	\$91	add \$15

TUMBLE TOTS		
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



ROHNERT PARK GYMNASTICS
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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!

WE ALSO DO
Birthday Parties!
Kids' Night Out!
& OTHER SPECIAL EVENTS!
CALL 585-9377 FOR MORE INFO!

FALL SESSION September 6 to November 28

1st Installment Period

September 6 to October 17

Discount Rate Week - August 23 to August 28

2nd Installment Period

October 18 to November 28

Discount Rate Week - October 4 to October 10

Make - up Days

September 6 (Labor Day)

November 25, 26, 27, 28 (Thanksgiving)

WINTER SESSION November 29 to March 6

1st Installment Period

November 29 to January 23

Discount Rate Week - November 15 to 20

2nd Installment Period

January 24 to March 6

Discount Rate Week - January 10 to 15

Make - up Days

February 21 (Presidents' Day)

Special Events

Young Champions - Saturday, December 11

Santa's Helper Day - Saturday, December 18

Winter Day Camp - December 20, 21, 22, 23, 27, 28, 29, 30

GYM CLOSED

Winter Break - December 21 to January 2
(no make-ups necessary)