

# FIRST STATE GYMNASTICS NATIONAL TRAINING CENTER

## Spring Session 2023-2024

**April 22nd-June 30th**

**10 week semester**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parent Tot Gymnastics Class</b> 18 months - 3 years 50 minute class \$300	9:00-9:50 Alyssa	10:00-10:50 Paige		10:00-10:50 Paige	9:00-9:50 Grace	9:00-9:50 10:00-10:50 11:00-11:50 Jill	9:00-9:50 Jamie
<b>Mini Bees Gymnastics Class</b> 3-4 years old 50 minute class \$320	10:00-10:50 Alyssa 4:30-5:20 Emma S. 5:00-5:50 6:00-6:50 Olivia 5:10-6:00 6:10-7:00 Annabelle	9:00-9:50 Grace 4:30-5:20 Olivia 5:00-5:50 6:00-6:50 Lisa 6:10-7:00 Emma	9:00-9:50 10:00-10:50 Annabelle  5:00-5:50 6:00-6:50 Kim 6:10-7:00 Emma	5:00-5:50 6:00-6:50 Annabelle	10:00-10:50 Grace  5:00-5:50 6:00-6:50 Rebecca	8:10-9:00 9:00-9:50 10:00-10:50 Jamie  9:15-10:05 10:10-11:00 11:00-11:50 12:00-12:50 Annabelle	9:00-9:50 Annabelle  9:00-9:50 Emma  10:00-10:50 11:00-11:50 Jamie
<b>Sensory Safe Play</b> 4-7 years old 50 minute class \$320			8:00-8:50 Kayla				
<b>Tumble Bees Gymnastics Class</b> 4.5 - 6 years old 1hr class \$330	5:00-6:00 6:10-7:10 Lisa  5:15-6:15 7:00-8:00 Jamie	5:00-6:00 6:10-7:10 Randi 5:10-6:10 6:20-7:20 Lia 6:00-7:00 Kim	5:00-6:00 6:10-7:10 Stephanie  7:00-8:00 Emma	5:00-6:00 Jamie 6:10-7:10 Randi 5:10-6:10 Emma 6:00-7:00 Kim	5:00-6:00 6:10-7:10 Annabelle	9:00-10:00 10:10-11:10 Randi 9:30-10:30 11:15-12:15 Kayla P 12:20-1:20 Olivia	9:00-10:00 10:10-11:10 11:15-12:15 Rebecca 11:15-12:15 Annabelle
<b>Intermediate Tumble Bees</b> 4.5-6 years old 1 hr class \$330 **Must have evaluation to enroll**	5:30-6:30 Emma S.		5:00-6:00 Emma				
<b>Beginner Gymnastics Class</b> 7-11 years old 1hr class \$330	5:00-6:00 6:10-7:10 Sara  6:30-7:30 Emma S.	5:00-6:00 Emma 6:10-7:10 7:20-8:20 Adrienne/ Marci 5:30-6:30 Olivia	5:00-6:00 6:10-7:10 Adrienne  7:15-8:15 Anna	5:00-6:00 6:10-7:10 Lisa 7:00-8:00 Emma	6:10-7:10 Adrienne  5:10-6:10 6:20-7:20 Lisa	9:00-10:00 10:10-11:10 11:15-12:15 Olivia O 11:15-12:15 Jamie	9:00-10:00 11:15-12:15 Adrienne  10:00-11:00 11:15-12:15 Emma
<b>Intermediate Gymnastics Class</b> 1hr class \$330	5:00-6:00 6:10-7:10 Nia	5:00-6:00 Adrienne 6:10-7:10 Anna	5:00-6:00 6:10-7:10 Anna 7:15-8:15 Adrienne	5:00-6:00 Olivia  6:10-7:10 Anna	5:00-6:00 6:10-7:10 Jamie	10:40-11:40 Anna	10:00-11:00 Annabelle  10:10-11:10 Adrienne
<b>Teen Gymnastics Class</b> 11 & Up 1hr class \$330			7:20-8:20 Anna	7:20-8:20 Annabelle			
<b>Advanced Gymnastics Class</b> 1 hr class \$330	7:15-8:15 Annabelle		7:15-8:15 Kim		7:15-8:15 Anna/ Adrienne	9:00-10:00 Anna	
<b>Ninja Warrior Boys &amp; Girls 5-7 Ninja &amp; Gymnastics 50 min class \$350</b>	5:00-5:50 Yusuf  6:10-7:00 Trevor	5:10-6:00 Alonzo  5:00-5:50 Trevor	5:00-5:50 Annabelle 6:00-6:50 Alonzo	5:10-6:00 Trevor  6:00-6:50 Jamie	5:10-6:00 Yusuf  6:00-6:50 Trevor	9:00-9:50 10:00-10:50 11:00-11:50 Trevor	9:00-9:50 Alonzo 10:00-10:50 Alonzo/Yusuf 11:00-11:50 Yusuf
<b>Ninja Warrior Boys &amp; Girls 8 &amp; Up Ninja &amp; Gymnastics 50 min class \$350</b>	5:10-6:00 Trevor 6:00-6:50 Yusuf	6:10-7:00 Alonzo/ Trevor	5:10-6:00 6:10-7:00 Trevor	6:10-7:00 7:10-8:00 Trevor	5:00-5:50 Trevor 6:15-7:05 Yusuf	9:00-9:50 10:00-10:50 11:00-11:50 Yusuf	9:00-9:50 Yusuf 11:00-11:50 12:00-12:50 Alonzo/Yusuf
<b>Advanced Ninja Warrior</b> 60 min class \$375			7:15-8:15 Alonzo				
<b>Tumbling Class</b> Boys & Girls 60 min class \$330	5:00-6:00 (7-11 years old) Dasia		5:10-6:10 (12-18 years old)	7:20-8:20 (7-12 years old) Anna			
<b>Advanced Tumbling</b> 60 min class \$330 requirement: Back handspring	6:10-7:10 Dasia		6:20-7:20 Annabelle				

# FIRST STATE GYMNASTICS NATIONAL TRAINING CENTER

## Terms and Policies

### Annual Memberships

Due at time of registration. This fee (*\$35.00 — per person, \$55.00 per family*) is not included in the class fee. Members receive discounted price for Open Gyms, Birthday Parties and monthly coupons for our pro-shop.

### Class Fee

**The semester tuition fee is for 10 weeks and must be paid in full upon enrollment.** The semester fee will be pro-rated for students beginning after the first week of the semester.

### Payments

We offer a variety of payment options: MASTERCARD, VISA, DISCOVER or cash. If a schedule conflict arises, we will try our best to transfer your child to a different class. **Following the first week of classes, only in the event of injury with the submission of a doctor's note will a refund or credit be given. Should First State Gymnastics shutdown for an extended period of time for unforeseeable reasons such as a global pandemic, your child's session will be completed upon our reopening, whenever our reopening may be. No refunds or credits will be given.**

### Discounts

We offer a **10%** discount for additional family members **during fall, winter and spring semesters.** In addition, any child attending a second class per week receives a 10% discount on the second class. The annual registration fee is not discounted.

### Class Make Up Policy

Class tuition pays to reserve placement in a specific class. Students may NOT make-up lessons in another class. If you miss a class for any reason, a makeup OPEN GYM may be attended. Make up open gym will only be offered after missed class, and if it does not jeopardize the safety and integrity of our program. No credits or refunded tuition will be given. First State Gymnastics will honor ONE make-up per session. Make-ups must be arranged within the same session as the absence.

### What to Wear

Girl gymnasts should wear a leotard and boy gymnasts should wear a t-shirt and shorts. No socks. Gymnasts with long hair should tie it back securely. Leotards are available for purchase in our gym pro-shop. **No food, drinks or gum is permitted in the gym.**

### What not to Wear:

Please have your child remove all jewelry before class starts. (Small stud-style earrings will be permitted, although we would prefer you remove those as well.) Jewelry can easily get caught on something (such as a spotter's hand) and be broken or cause injury. Children will be asked to remove any jewelry, watches and bracelets they wear into the gym.

### Miscellaneous:

**Lost and Found:** We keep lost items in our facility for two weeks. After two weeks, items are donated to local charities. First State Gymnastics is not responsible for lost or stolen items. Remember to take jewelry off your child before class starts!

**Instructors:** Instructors are subject to change at any time.

[www.firststategymnastics.com](http://www.firststategymnastics.com)  
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