

# Houston Gymnastics Academy: 2022 Spring Classes

Jan. 3rd – May. 28th  
(21 Weeks)

## Preschool Gymnastics Classes: Ages 12 months – 5 years old

Class Type	Duration	Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Rolly Polly I</b> 12 - 22 Months Old (Parent & Me)	30 min.	\$525.00	9:00am	10: 00am	9:00am	10: 00am	9:00am	9:00am
<b>Rolly Polly II</b> 23 - 30 Months Old (Parent & Me)	45 min.	\$651.00	10:00am	9: 00am	10:00am	9:00am	10:00am	10:00am
<b>Lovebugs</b> 2.5 - 3 Yrs. Old (Transitional)	45 min.	\$651.00	9:00am 4:00pm	9:00am 11:00am 4:00pm	9:00am 4:00pm	9:00am 11:00am 4:00pm	9:00am	11:00am
<b>Fireflies</b> 3 Yrs. Old (Tot Class)	55 min.	\$651.00	9:00am 11:00am 4:00pm 5:00pm 6:00pm 7:00 pm	9:00am 4:00pm 5:00pm 6:00pm 7:00 pm	9:00am 11:00am 4:00 pm 5:00pm 6:00pm 7:00 pm	9:00am 4:00pm 5:00pm 6:00pm 7:00pm	9:00am11:00am 4:00pm 5:00pm	9:00am 10:00am
<b>Butterflies</b> 4 Yrs. Old (Girls)	55 min.	\$651.00	10:00am 4:00pm 5:00pm 6:00pm 7:00 pm	10:00am 4:00pm 5:00pm 6:00pm 7:00 pm	10:00am 4:00pm 5:00pm 6:00pm 7:00 pm	10:00am 4:00pm 5:00pm 6:00pm 7:00 pm	10:00am 4:00pm 5:00pm	9:00am 10:00am 11:00am
<b>Ladybugs</b> 5 Yrs. Old (Girls)	55 min.	\$651.00	11:00am 4:00pm 5:00pm 6:00pm 7:00 pm	11:00am 4:00pm 5:00pm 6:00pm 7:00 pm	11:00am 4:00pm 5:00pm 6:00pm 7:00 pm	11:00am 4:00pm 5:00pm 6:00pm 7:00 pm	11:00am 4:00pm 5:00pm	11:00am
<b>Yellow Jackets/ Tiger beetles</b> 4 & 5 Yrs. Old (Boys)	55 min.	\$651.00	10:00am 4:00pm 5:00 6:00pm 7:00 pm	10:00am 4:00 pm 5:00pm 6:00 pm 7:00 pm	10:00 am 4:00pm 5:00 pm 6:00pm 7:00 pm	10:00am 4:00pm 5:00pm 6:00 pm 7:00 pm	10:00am 4:00pm 5:00 pm	

## Recreational Classes: Ages 6 – 12 years old

Class Type	Duration	Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Intro to Girl's Rec.</b>	70 min.	\$756.00	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	9:00am 10:30pm
<b>Girls Gymnastics Level 1</b>	70 min.	\$756.00	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	9:00 am 10:30am
<b>Girls Gymnastics Level 2</b>	70 min.	\$756.00	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	4:15pm 5:30pm 6:45pm	10:30 am
<b>Girls Gymnastics Level 3/4</b>	70 min.	\$756.00	4:15pm 5:30 pm 6:45pm	4:15pm 6:45pm	5:30pm 6:45 pm	4:15pm 6:45pm	4:15pm 5:30pm 6:45pm	
<b>Boys Gymnastics Level 1</b>	70 min.	\$756.00	4:15pm	5:30pm	6:45pm	4:15pm 6:45pm	4:15pm 5:30 pm	9:00am
<b>Boys Gymnastics Level 2</b>	70 min.	\$756.00	5:30pm	6:45pm	4:15pm	5:30pm	6:45pm	
<b>Boys Gymnastics Level 3</b>	70 min.	\$756.00	6:45pm	4:15pm	5:30pm			
<b>Tumbling &amp; Trampoline Level 1</b>	70 min.	\$756.00		4:15pm 6:45pm	4:15pm 6:45pm	4:15pm 5:30pm		
<b>Tumbling &amp; Trampoline Level 2/3</b>	70 min.	\$756.00	4:15pm	5:30pm		6:45pm		

## Other Recreational Classes

Class Type	Duration	Tuition	Ages	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teen Gymnastics</b>	70 min.	\$756.00	13-17 Years old	5:30pm		5:30pm		
<b>Cross Training (Boys)</b>	70 min.	\$756.00	6-12 Years old		4:15 pm			

# Houston Gymnastics Academy

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E| FrontOffice@houstongymnastics.com | HoustonGymnastics.com

Registration & Discounts	
Registration	\$48/per child
Sibling Discount	10% off tuition

Important Dates			
January 3rd	First Day of Classes	January 17th	Day Camp
May 28th	Last Day of Classes	March 14th-18th	Spring Break Camp
		January 8th	CLOSED: NO CLASSES

Preschool Gymnastics Classes				
	Parent & Me: Rolly Polly I Rolly Polly II Transitional: Lovebugs*	Tot Class: Fireflies	Butterflies Yellow Jackets	Ladybugs Tiger Beetles
Coed	Develop motor skills Parents gradually become non-participants *Coach's approval required for non-participation	Examples of the skills curriculum include: forward roll, forward beam walk, forward roll on bar, and basic jumps on tramp		
Girls			Examples of the skills curriculum include: backward roll, cartwheel, backward beam walk, and run hurdle punch	Examples of the skills curriculum include: bridge, handstand, forward roll beam, pull-over bar
Boys			Examples of the skills curriculum include: backward roll, cartwheel, L hang, and tuck jump off board	Examples of the skills curriculum include: backward roll, bridge, handstand, and straddle travel – P bars

Recreational Gymnastics Classes			
	Level 1	Level 2	Level 3/4
Girls	Examples of the skills curriculum include: hurdle technique – vault, cast technique – bars, arabesque – beam, and bridge technique – floor	Examples of the skills curriculum include: handstand flat back – vault, back hip circles – bars, leg swings – bars, and forward chasse – floor	Examples of the skills curriculum include: cast horizontal – bars, kick to handstand – beam, round off – floor, and straight leg leap – floor
Boys	Examples of the skills curriculum include: straight jump – vault, cast push away dismount – bars, front support mount – beam, and handstand technique – floor	Examples of the skills curriculum include: arm circle block technique – vault, glide swings – bars, tuck jumps – beam, and split jumps – floor	Examples of the skills curriculum include: single leg cut – bars, dismount – beam, round off – floor, and backward pike roll – floor

Tumbling & Trampoline Classes		
	Level 1 – 2	Level 3 – 4
Coed	Examples of the skills curriculum include: jump set: tuck, straddle, pike X 3 – trampoline, straddle, pike jump dismount – double mini trampoline, and back walkover – floor.	Examples of the skills curriculum include: front tuck into pit – trampoline, front tuck – double mini trampoline, and back handspring – floor.

### **Please make note of the following:**

- ◆ Class days and times may change at any time in the semester. Please check with the front office for availability.
  - ◆ Instructors listed for classes may change due to the following:
    - ◇ The instructor becomes unavailable to teach at that time due to outside commitments.
    - ◇ An instructor may be changed if their expertise is needed in another department.
  - ◆ A class may be closed at any time in the semester due to lack of enrollment.
  - ◆ If there is a class that you would like to take and it is either full or not available at that time; HGA will open another class with the following criteria:
    - ◇ There are at least 4 students ready to enroll.
    - ◇ There is a coach available to teach the class.
  - ◆ There are **NO MAKE-UP CLASSES** or refunds for any missed classes, no exceptions.
  - ◆ We ask that students refrain from bringing valuables to the gym. \*NO JEWELRY allowed in the gym\*
- \*\*\*ALL STUDENTS UNDER THE AGE OF 3 MUST HAVE A PARENT OR GUARDIAN PRESENT IN THE GYM AT ALL TIMES\*\*\***