



SUMMER 2017 CLASS SCHEDULE

10 week session; June 12 - August 24, No class week of July 3

Class	Skills Learned	Monday	Tuesday	Wednesday	Thursday
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KINDERGYM PROGRAM; Co-ed, promotion based on age

Sparks 40 minutes; Ages 1½ - 3½	With parent; jumping on two feet, hang on bars, walk across beam, forward roll down hill	4:30 5:30	9:30 10:30	5:00 6:00	9:30 10:30	5:00 6:00	9:30 10:30	NEW! Flames Strongmen Boys only Flames class Mon. 9:00 Wed. 4:00
Flares 45 minutes; Ages 3 - 4½	Hop on one foot, front support on bars, bear walk on beam, handstand against wall	5:15 6:15	9:15 10:15	5:15 6:15	9:15 10:15	5:15 6:15	9:15 10:15	
Flames 55 minutes; Ages 4½ - 6	Skipping, push-off pullover on bars, walk on high beam, mini-cartwheel, back roll down hill	5:15 6:15	9:15 10:15	5:15 6:15	9:15 10:15	5:15 6:15	9:15 10:15	
Flares & Flames Combined 55 minutes; Ages 3½ - 5½	A combined age class for quieter times in the gym. Students are challenged to their ability.	4:15	11:15*	4:15	11:15*		11:15*	

GIRL'S GYMNASTICS AGES 5 1/2 - 10; promotion based on skill mastery

Beginner 1 hour; Ages 5 - 6	A transition class using both small-scale and regulation equipment for girls entering K - 1st.	4:45	6:00	9:00 10:00	4:30 5:45	9:45 11:00	4:15 5:30	5:30 6:30	9:45 11:00
Class One - Two 1 hour 15 min; Ages 5½ - 9	Hurdle straight jump on vault, pullover on bars, arabesque on beam, cartwheels on floor	3:30	5:00 6:30	9:00 10:30	4:00 5:00 6:30	9:00 10:30	4:00 5:00 6:30	5:00 6:30	10:30 4:00*
Class Three - Four 1 hour 30 min; Ages 6 - 10	Handstand tree-fall on vault, back hip circle on bars, ¾ handstand on beam, round-offs	3:30	6:30	9:00	5:30	10:30	5:00	10:30	4:00*

TWEEN AND TEEN GYMNASTICS AGES 9 AND UP; promotion based on skill mastery

Novice One - Two 1 hour 30 min; Ages 9 & Up	Dive rolls on vault, pull overs, back hip circles, mini-handstands, Round offs	7:00		10:30	3:30		5:30		9:00 5:30*
Advanced Three - Four 1 hour 30 min; Ages 9 & Up	Vault over the table, kips on bars, cartwheels on beam, RO BHS on floor, back & front tucks	5:30			3:30		9:00	7:00	9:00 5:30*

BOY'S GYMNASTICS AGES 5 1/2 AND UP; promotion based on skill mastery

Class One - Two 1 hour 15 min; Ages 5½ - 9	Hurdle straight jump, swinging on bars, Inverted hang on rings, rolls, handstands	4:00	5:30		10:30		9:00	5:00	10:30
Class Three - Four 1 hour 30 min; Ages 6 & Up	Dive rolls, swing ½ turns, support hold on rings, mushroom circles, round-offs, BHS	4:00	5:30		9:00		10:30		Express Gym Tues. 2:00 ages 5 - 11 Wed. 6:30 ages 8 - 14 Thurs. 9:15 ages 5 - 11 1 hour / \$88 / 8wks

TUMBLING; No previous experience required

Youth - Junior Tumbling 1 hour; Ages 6 - 11	Tumbling for cheer, dance, martial arts, and fun for students in elementary school.	7:00		4:00					9:30
Junior - Senior Tumbling 1 hour; Ages 9 - 18	Round offs, standing and running back hand-springs, back tucks and layouts, twisting	8:00		8:00		7:30			

TUITION CHART

Class Type	Length	6 weeks		7 weeks		8 weeks		9 weeks		10 weeks	
		1xwk	2xwk	1xwk	2xwk	1xwk	2xwk	1xwk	2xwk	1xwk	2xwk
Sparks	40 minutes	\$72	130	\$84	151	\$96	173	\$108	194	\$120	216
Flares	45 minutes	\$90	162	\$105	189	\$120	216	\$135	243	\$150	270
Flames, Flares&Flames Combined	55 minutes	\$102	184	\$119	214	\$136	245	\$153	275	\$170	306
Beginner, Tumbling classes	60 minutes	\$108	194	\$126	227	\$144	259	\$162	292	\$180	324
Girls & Boys 1-2	1 hour, 15 min.	\$126	227	\$147	265	\$168	302	\$189	340	\$210	378
Girls & Boys 3-4, Novice - Advanced	1 hour, 30 min.	\$144	259	\$168	302	\$192	346	\$216	389	\$240	432

20% OFF the Second Class! - Master skills faster with more frequent repetition. Prices listed include discount.

*11:15 Kindergym and Thursday afternoon/evening classes receive 15% off tuition

BUILD YOUR OWN SCHEDULE!

REGISTER & PAY FOR ONLY THE WEEKS YOU CAN ATTEND.

CHOOSE FROM 1 DAY OR 2 DAYS PER WEEK.

WEEKS MAY BE NON-CONSECUTIVE.

CAMPS & EVENTS

GymAction Day Camp	Parents' Night Out	GymNinja Training	Back Handspring Clinic	Aerial Acro Intensive
June 16, June 30*, July 14, July 28*, August 11, August 25*	June 24, July 22, August 19	June 23, July 21, August 4, August 18	June 23, July 21, August 4, August 18	Monday, Tuesday & Thursday weeks of June 26 & July 24
9:30am - 2:00pm, ages 5 - 12 *9:30 - 11:30, ages 3 - 5	6:00 - 10:00pm ages 5 - 12	3:00 - 4:00pm ages 5 - 12	1:30 - 2:45pm ages 6 - 12	4:00 - 5:15pm ages 9 and up

ALTIUS: FROM THE OLYMPIC MOTTO, MEANING "HIGHER"



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At Altius, our curriculum is designed to develop your child in three important areas. Once children gain a foundation of movement in gymnastics, they are well prepared to take on future challenges in sports and in life!

PHYSICAL Coordination, Strength, Balance, Flexibility, Poise, Agility

COGNITIVE Following directions, Concentration, Listening skills, Goal setting

SOCIAL & EMOTIONAL Fun, Making friends, Confidence, Accomplishment

Kindergym

Introduction to basic gymnastics and fitness using theme based lesson plans. Co-ed classes for ages 18 months to 6 years old.

Gymnastics

Recreational gymnastics classes divided by both age and skill level for girls and boys ages 5 1/2 - 18. Instruction on all Olympic events and trampoline.

Tumbling

Tumbling for cheer, dance, martial arts, and beyond. Co-ed classes divided by age with instruction tailored to individual abilities and skill goals.

New! Express Gym

This hour-long class incorporates elements of tumbling, balance, parkour, strength, and obstacle course training for gymnastics and ninja enthusiasts alike.

REGISTRATION INFORMATION

Dates & Attendance Our 2017 Summer Session runs 10 weeks from June 12 - August 24. There are no classes the week of July 3. Our flexible scheduling makes it convenient and affordable to fit gymnastics into your summer. Sign up and pay for only the number of weeks you can attend, or a maximum of 2 make up classes are allowed. Weeks attended may be non-consecutive.

Tuition Payment Altius accepts cash, check, or credit/debit card (except AmEx) for tuition payment. Register and pay for only the weeks you can attend. Sign up for a minimum of 6 classes. Pay in full at the time of registration, or pay 50%, with the balance due June 30th.

Membership Our summer membership fee is \$12 per child, or \$18 per family for students not enrolled since 9/1/16.

Discounts Siblings receive a 10% discount off the lesser fee. Register for a second weekly class and receive a 20% discount. 11:15am Kindergym classes and Thursday afternoon classes beginning at 4:00 & 5:30 are 15% off. Only valid on classes listed in the brochure. No discounts for Express Gymnastics.

Hours Mon-Wed, 9am - 9pm; Thurs Noon - 9pm; Saturday, 9am - Noon (No Sat. in summer)

ALTIUS MAKES IT EASY TO FIT GYMNASTICS INTO YOUR SUMMER!

FLEXIBLE SCHEDULING LETS YOU REGISTER AND PAY FOR ONLY THE WEEKS YOU CAN ATTEND. WEEKS CAN BE NON-CONSECUTIVE AND WE DON'T NEED TO KNOW WHICH DATES AHEAD OF TIME!

BIRTHDAY PARTIES

Tumble on down to the best party in town! Our 90 minute parties feature exciting gym activities lead by an Altius coach, followed by private time in our party room to eat cake, open presents, and celebrate! Altius offers parties on weekend afternoons. Book your party 6 - 8 weeks in advance with a \$25 deposit online or over the phone.

"The two staff members who ran the party were AWESOME!!!...They were FUN, respectful, responsible, helpful, cheerful, accomodating...etc. Thanks for a great party!"

- Michelle P.

"Parties at Altius are always fun filled and organized. The staff are great with the kids and it amazes me how they knew all 16 kids names in a short period of time."

- Lisa J.

REGISTER ONLINE @ ALTIUSGYMNASTICS.COM

414-421-1200