



# Gymnastics, Cheer, Tumbling & Martial Arts Schedule



Fit Club Gymnastics - 386-774-4348 - FitClubGymnastics.com



2011-2012 FITCLUB CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PARENT/TOT – 18 MONTHS – 3 YRS.</b> With instructor's guidance, parents assist toddlers in this fun-filled class paced with pre-gymnastics activities & basic movements that develop motor skills, strength and early socialization.			9:00-9:45 am ***		10-11:00 am "Tot Open Play"	9:00-9:45 am
<b>PRE-SCHOOL GYMNASTICS – COED- 3-5 yrs.</b> Preschoolers have fun in a structured group, learning basic gymnastics skills that build self-confidence, increase coordination & body awareness through the use of gym equipment & stimulating obstacle courses.	3:40-4:30 ~ 4-5 yrs. 5:40-6:30 ~ 3-4 yrs.	3:40-4:30 ~ 4-5 yrs.	10:00-10:50am ~ 3yrs 2:40-3:30 ~ 4-5 yrs. 3:40-4:30 ~ 4-5 yrs. 5:40-6:30 ~ 4-5 yrs.	3:40-4:30 ~ 4-5 yrs. 5:40-6:30 ~ 3-5 yrs.	3:40-4:30 ~ 3-5 yrs. 3:40-4:30 ~ 5-6yr ASP 5:40-6:30 ~ 4-5 yrs.	10:00-10:55 ~ 3 yrs. 10:00-10:55 ~ 4-5 yrs. 11:00-11:55 ~ 4-5 yrs.
<b>GIRL'S GYMNASTICS CLASS 6-9 yrs.</b> Children in this program will begin with the basic skills of gymnastics and progress in their skills by using the four Olympic events: bars, beam, vault and floor. Classes are taught in progressions with one skill building upon the next. They will be moved to different groups within their class as they progress.	3:30-4:30 ~ 6 yrs. 4:30-5:30	3:30-4:30 ~ 6 yrs. 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 6:30-7:30	4:30-5:30 5:30-6:30	4:30-5:30 6:30-7:30	9:00-10:00 11:00-12:00
<b>GIRL'S GYMNASTICS CLASS 9-12 yrs.</b> This class is for the older student yet follows the same progressions as the 6-9 yr. olds. They will get on all events and progress as they are able to.	5:30-6:30	4:30-5:30			5:30-6:30	
<b>BOY'S GYMNASTICS 6-12 yrs.</b> Classes introduce boys to their six Olympic events: pommel horse, parallel bars, floor exercise, rings, high bar and vault. These classes are taught in progressions with one skill building upon the next.		3:30-4:30 ASP 4:30-5:30		3:30-4:30 ASP 4:30-5:30	3:30-4:30 ASP 4:30-5:30 5:30-6:30	
<b>TEEN CLASSES 13-17 yrs.</b> An open level co-ed gymnastics class for teens. All events are covered with emphasis on tumbling.		7:00-8:00		6:45-7:45		
<b>TUMBLING</b> These classes focus on developing proper tumbling techniques using gym floor, rod floor, tumble-trak & trampoline. Perfect for cheerleaders & dancers.	3:30-4:30 ASP 4:30-5:30 5:30-6:00		4:30-5:30		3:30-4:30 ASP 4:30-5:30 5:30-6:30 or 7:00	
<b>DANCE TUMBLING</b> For dancers needing to learn tumbling skills, we offer a dance tumbling class. This class is available for both boys and girls beginner through advanced.			3:30-4:30			

Cont. classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>ADULT CLASS</b></p> <p>This class is a great workout and gives adults, of all skill levels, the chance to learn gymnastics.</p>			7:45-8:45			
<p><b>CHEER</b></p> <p>Children will learn proper motion technique, basic stunting, jumps and tumbling. They will perform cheers at our Gym show as well as in the parades.</p>		3:30-4:30 ~ 4-5 yrs. 4:30-5:30 ~ 6-12 yrs.		4:30-5:30 ~ 6-12 yrs.		
<p><b>KICK-N-FLIP</b></p> <p>Martial Arts with a twist...and a flip. This combines the discipline of Martial Arts with the basics of Gymnastics.</p>	5:30-6:30		5:30-6:30 ~ 5-12 yrs.			
<p><b>KUNG-FU-KIDZ</b></p> <p>This program teaches coordination, concentration and self-control in a unique method. Sparring classes, advanced kids as well as adult classes are available.</p>	3:30-4:30 ASP 4:30-5:30 ASP		4:00-4:45 ASP 4:45-5:30 ASP 6:30-7:30 ~ 10+ yrs.		4:30-5:30 ASP 5:30-6:30 6:30-7:30 Sparring	
<p><b>ZUMBA</b></p> <p>Using upbeat Latin and modern music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun &amp; easy to learn.</p>	4:30-5:30 ~ 8+up 6:30-7:30 Teen thru adult beginners	6:00-7:00 Int. thru advanced adults	6:30-7:30 Teen thru adult beginners	6:00-7:00 Int. thru advanced adults		
<p><b>MOTION EVOLUTION/SPORTS MOTION</b></p> <p>Motion Evolution is a fitness program to help kids get fit and stay fit, all while having fun. The <u>MoEv</u> approach is to transform kid's feelings about fitness choices now, so they can enjoy a healthy life in the future.</p>		3:30-4:30 MOTION 101			3:30-4:30 SPORTS MOTION	
<p><b>HOMESCHOOL</b></p> <p>Home School PE is offered as a physical &amp; social activity for ages 5 &amp; up. Children are taught Gymnastics, Martial Arts, Dance as well as most ball sports and fitness. <b>SIGN-UP ***</b></p>		9:30-10:30 am***				
<p><b>OPEN GYM 6yrs. &amp; up</b></p> <p>Open gym time is where students get opportunity to practice skills and tricks that they have been learning in their classes, plus other new activities that may be challenging and fun for them to do.</p>	3:00-4:00		3:00-4:00 7:30-8:45 ~ 13yrs. & older		3:00-4:00 7:30-8:45	11:45-12:45

\*\*\* Classes not currently open. Please sign-up at front desk.

**DANCE SCHEDULE IS AVAILABLE AT THE GYM OR ON LINE.**