

Wings Gymnastics Academy

2016-2017 Schedule— Sept through May

Open Gym's & Gymnastics4Athletes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Event Descriptions	Special Event Information
Toddler Open Gym 1hr- \$5 per child 0-6yrs	9:30am			9:30am			Come down and join us for some fun free time for kids crawling to 6 years old.	<ul style="list-style-type: none"> Pre-Registration is Required for ALL Open Gyms.
Daytime Open Gym 1hr- \$5 per child 0-18 yrs	10:30am			10:30am			Daytime fun free time for kids crawling to 18 years old!! Great for Homeschoolers!!	<ul style="list-style-type: none"> A Signed Safety Waiver by a Parent or Guardian is required for EVERY Participant!
Flying Fun Open Gym 2hrs - \$10 per child 0-18 yrs					6:00pm		Come on down to work on skills or just have some free time. Children 5 and under to need to have a parent present.	
Advanced Open Gym 1.5 hrs- \$10 per child					4:30pm		This Open Gym is great for kids who compete on a school or club team, or is in a high level rec class and can work hard independently.	Birthdays Parties are available on Saturday's
Adult Open Gym 1 hr- \$10 per person		8:30pm					This Open Gym is for Adults ONLY! Athletes 16 and up may attend.	at 1:00, 3:00, or 5:00 You can book your party

Lil'Wings Toddler & Pre-School Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	Class Information
Mini Wings walking-3yr co-ed 45 min \$70/mo Ratio: 6 to 1		6:10pm				9:10am	The theme-based class is tailored for parent involvement. The goal of this class is to teach basic balance, body awareness, flexibility, and motor development skills through the fun of gymnastics! We also focus on teaching your child important social skills like taking turns and following simple directions.	<ul style="list-style-type: none"> Yearly Registration Fee is due at time of enrollment OR every September. The cost is: \$40 for the 1st Child, and \$20 for the second. Family Max of \$60 per year. No Registration Fee Due May-August.
Mini Flyers 2.5-3yr co-ed 45 min \$70/mo **These classes are available for multiple age groups in the same class.*** Ratio: 5 to 1	10:20am 4:30pm 6:10pm **	10:20am 5:20pm**	9:30am 6:10pm	9:30am 4:30pm 5:20pm		10:00am	This class is designed to teach children basic gymnastics skills, refine gross motor skills, teach balance, coordination, flexibility and body awareness. Children will start learning to do skills independently. In addition to gymnastics the child will learn valuable social skills, like following simple directions, taking turns, and patience. The child will attend this class independently.	<ul style="list-style-type: none"> Monthly tuition is based on 4 classes per month. Tuition could be higher or lower due to extra classes or holidays.
Mighty Flyers 4yrs co-ed 45 min \$70/mo Ratio: 6 to 1	11:10am 6:10pm **	9:30am 5:20pm**	5:20pm	6:10pm		10:50am	The class is designed for the older preschooler. They will continue to learn basic gymnastics positions, and work on motor skill development, but will start working on more difficult skills. In addition to gymnastics the child will learn important social skills that will prepare them for school.	<ul style="list-style-type: none"> Classes run year round. If you need to stop class or take time off a 30 day notice is required. Forms are available at the Front Desk. Sibling and multiple class discounts are available. Any class with less than 4 children may be subject to cancellation. Prices are subject to change.

Flying Ninja Boys Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	
Mini Ninja's 5-7yrs 55 min \$77/mo Ratio: 6 to 1	5:00pm	12:30p 4:30pm 7:00pm	10:20am 5:30pm 6:00pm			9:50am	<i>This class is structured for boys just starting their ninja training. The boys will start each day working on there Ninja training skills and then move on to beginning skills on all six men's Olympic events. These events include pommel horse, rings, floor, parallel bars, horizontal bar, and vault. Boys will work on two events each week, and will spend time on strength building, agility, flexibility, coordination, body awareness, learning hard work & dedication. Gymnastics is a great foundation for kids that will be involved in any sport.</i>	
Mighty Ninja's 8yrs & up 55 min \$77/mo Ratio: 8 to 1		6:00pm					<i>This class is structured for more advanced boys. The boys will start each day working on there Ninja training skills and then move on to more advanced skills on all men's Olympic events.</i>	
Flying Ninja's invite only 55 min \$77/mo Ratio: 8 to 1	6:45pm							

Trampoline & Tumbling Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	
Mini Tumblers 5-7yrs co-ed 55 min \$77/mo Ratio: 6 to 1				5:30pm			These kids will work on basic tumbling skills on floor and trampoline. The goal of this class is to help kids learn the skills they need to have strong foundation so they can move on to those "fun" skills like back handsprings! This class would be perfect for kids in cheer, dance, or just want to learn how to flip! Besides gymnastics the kids will learn things like the benefit of working hard toward a goal!	
Mighty Tumblers 8yrs&up 55 min \$77/mo Ratio: 8 to 1	6:00pm	5:00pm						
Flying Tumblers invite only co-ed 55 min \$77/mo Ratio: 8 to 1							This class is for those who have learned skills all skills at our Beginner Levels above.	
Soaring Tumblers invite only co-ed 75min \$82.50/mo Ratio: 8 to 1		6:45pm					This class is for those who have completed all skill at our Flying Levels above. Must be able to do a Back and Front Handspring on Trampoline.	
Advanced Tumbling invite only co-ed 90 min \$99/mo Ratio: 8 to 1			5:30pm (Boys only)			10:50am (co-ed)	This class is for those who have completed all skill at our Beginner Levels above. Must be able to do a Round Off Back Handspring and Front Handspring on Floor.	
Adult Tramp&Tumbling co-ed 60 min \$87/mo Ratio: 8 to 1	8:00pm						This class is for ALL adults just beginning or needing a refresher in gymnastics! It is a great way to gain strength and flexibility in a FUN way!!	

4 Adults Program								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	Information
Adult Tramp&Tumbling co-ed 18&up 60 min \$87/mo Ratio: 12 to 1	8:00pm							
Beginning Girls Recreational Gymnastics								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	Class Information
High Flyers 45 min Ratio: 8 to 1	9:30am 5:20pm 7:00pm	1:20pm	4:30pm 7:00pm	10:20am 7:00pm		11:40am	This FUN class is designed for kids who are beginning gymnastics at age 5 or have been in our preschool program for awhile are in need of more of a challenge but are not quite ready to be in "big gym" classes. Kids must be good listeners and show the ability to work more independently. This class is designed to prepare the kids for class in the "big gym".	<ul style="list-style-type: none"> Yearly Registration Fee is due at time of enrollment OR every September. The cost is: \$40 for the 1st Child, and \$20 for the second. Family Max of \$60 per year. No Registration Fee Due May-August. Monthly tuition is based on 4 classes per month. Tuition could be higher or lower due to extra classes or holidays. Classes run year round. If you need to stop class or take time off a 30 notice is required. Forms are available at Front Desk. Sibling and multiple class discounts are available. Any class with less than 4 children may be subject to cancellation. Prices are subject to change.
Mini Gliders 55 min Ratio: 8 to 1	4:50pm 5:10pm 5:30pm 6:10pm	4:30pm 5:30pm 6:10pm 6:30pm	4:30pm 5:30pm 6:10pm 6:50pm	4:50pm 5:10pm 5:50pm		9:10am	These girls will focus on building their gymnastics skills on all four women's Olympic events. These events include floor, vault, beam, and bars. Girls will learn in a fun environment that will help them build confidence in themselves and their skills. Besides gymnastics these students will learn that hard work brings success. They will also learn how to work independently. Girls gymnastics is a great springboard activity for girls that will be involved in any sport.	
Gliders 55 min Ratio: 8 to 1	4:30pm 6:30pm 6:50pm	4:50pm 5:50pm 6:50pm	5:10pm 6:30pm	4:30pm		9:10am	This FUN class is for girls who have successfully learned all skills at the Beginner Levels above. Kids in this class have good body awareness and are ready to start learning more advanced skills. .	
Flyers 55 min Ratio: 8 to 1	5:50pm 7:10pm	5:10pm 7:10pm	4:50pm 5:50pm 7:10pm	5:30pm 6:10pm 6:50pm 7:10pm		10:10am	This FUN class is for girls who have successfully learned all skills at the Flyers Level. Kids in this level have got their basics down. They are ready to work on more advanced skills on each event.	
Soarers 90 min Ratio: 8 to 1	6:30pm	5:30pm 6:30pm	4:30pm	6:00pm		11:10am	This FUN class is for girls who have successfully learned all skills at the Flyers Level. Kids in this level have got their basics down. They are ready to work on more advanced skills on each event.	
Upper Level Girls Recreational Gymnastics & High School Program								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	Information
Blue Advanced Girls invite only 120 min \$111/mo Ratio: 8 to 1		6:00pm					This 2 hour class is for girls who have successfully learned all skills at the Soaring Level. This class is designed for two purposes. One track can prepare kids to move to our Xcel Competition Team. The other will let your child learn as much as they want without ever having to compete. Competition is not for every kiddo and we believe that they should have the opportunity to go as far as they want in this sport without ever having to get in the spotlight if that is not what they want. They will begin in the Blue Group and move to Gold as they progress	
Gold Advanced Girls invite only 120 min \$111/mo Ratio: 8 to 1						9:10am	This STRUCTURED class is for High School and Middle School Gymnasts to work in the off season. Well trained coaches who understand High school code work with the girls to prepare them for the upcoming season.	
High School Class **structured class** 120mins 2xWeek \$165/mo	6:45pm			6:45pm				
Xcel Competitive Gymnastics Program								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions	Information
Xcel Pre-Team 60min 2xWeek \$111/mo			7:15pm	7:15pm				
Xcel Bronze Team 2hr 1xWeek \$111/mo	4:30pm							
Xcel Silver Team 2hr 2xWeek \$160/mo		4:30pm		4:30pm				
Xcel Gold Team 3hr 2xWeek \$216/mo	4:30pm		4:30pm					
Xcel Platinum Team 3hr 3xWeek \$306/mo	4:30pm		4:30pm	4:30pm				