





# Wings Gymnastics Academy

2017-2018 Schedule

## Wings Special Events Schedule

|  |   | Monday   | Tuesday                                    | Wednesday                   | Thursday   | Friday | Saturday  |  |  |
|--|---|--|--|-----------------------------|--|--------|---|--|--|
| <b>OPEN GYM'S</b>  | <b>Toddler Open Gym</b> 1hr<br>\$5 per child<br>0-5yrs              | 9:30am   |  |                             | 9:30am<br>School Year Only   | 6:00pm |   | <p>Pre-Registration is required for ALL Open Gyms to guarantee a spot in all our open gyms. You can register online at <a href="http://www.wingsgym.com">www.wingsgym.com</a></p> <p>Advanced Open Gym is for athletes in any Upper Rec, High School or Competitive Teams Only Please.</p> |  |
|  | <b>Daytime Open Gym</b><br>1hr- \$5 per child<br>walking-12th grade | 10:30am  |  |                             | 10:30am<br>School Year Only  |        |   |  |  |
|  | <b>Friday Fun Open Gym</b><br>2-hrs \$10 per child<br>K-12th        |  |  |                             |  | 6:00pm |   |  |  |
|  | <b>Advanced Open Gym</b><br>1.5 hrs \$10 per child                  |  |  |                             |  | 4:30pm | 11:30am   |  |  |
| <p>Also Check out Wings <b>Before &amp; After School Care</b> and <b>Weekly Summer Camps</b></p> |   | <p><b>Birthday Parties</b><br/>Birthday Parties are available on Saturday's at 1:00, 2:00, 3:00, 4:00 or 5:00<br/>You can book your party on our website!</p>  |  |                             | <p><b>Parents's Night Out</b><br/>Wings host Parent's Night Out many times a year!<br/>Check out our website for upcoming events!!</p> |        | <p><b>Enroll Online</b><br/>at<br/><a href="http://wingsgym.com">wingsgym.com</a></p> |  |  |
|               |   | <h3>Lil'Wings Class Schedule</h3> <h4>Pre-School Motor Development Program</h4> <p>Our Pre-School Aged Program is designed to guide little ones through sensory motor training in a FUN, POSITIVE environment! We want each child in this program to feel special and LOVE gymnastics day. We want to make learning all the great stuff they learn through gymnastics (balance, coordination, strength, flexibility, large motor and small motor development, social skills etc.) happen in a way that is MAGICAL and FUN!</p> |  |                             |  |        |   |   |  |
|  |   | Monday   | Tuesday                                    | Wednesday                   | Thursday   | Friday | Saturday  |  |  |
| <b>Co-Ed Walking-4yrs</b>  | <b>Mini Wings</b> 45 mins<br>walking-3yr<br>Parent Involvement      |  | 6:10pm                                     | 10:20am                     |  |        | 9:10am  | <p><b>Class Pricing</b></p> <p>45mins \$73<br/>55mins \$79<br/>1hr 15mins \$89<br/>1hr 25mins \$102<br/>1hr 55mins \$115</p>   |  |
|  | <b>Mini Flyers</b> 45 mins<br>2.5-3yr                               | 10:20am<br>4:30pm<br>6:10pm **   | 10:20am<br>11:10am**<br>4:30pm<br>5:20pm** | 9:30am<br>6:10pm            | 4:30pm**<br>5:20pm**<br>6:10pm**   |        | 10:00am   |  |  |
|  | <b>Mighty Flyers</b> 45 mins<br>4yrs                                | 11:10am<br>6:10pm **   | 9:30am<br>11:10am**<br>5:20pm**            | 11:10am<br>5:20pm<br>7:00pm | 4:30pm**<br>5:20pm**<br>6:10pm**   |        | 10:50am   |  |  |
| <b>Lil' Wings Flying 5's</b>   |   |  |  |                             |  |        |   |  |  |
| <b>5 yrs</b>   | <b>High Flyers</b> 45 mins<br>Beg Girls Gymnastics                  | 9:30am<br>5:20pm<br>7:00pm   | 10:20am                                    | 4:30pm                      | 7:00pm   |        | 11:40am   |  |  |
|  | <b>Tiny Ninjas</b> 45 mins<br>Boys Beg Ninjas                       |  | 9:30am<br>7:00pm                           |                             |  |        |   |  |  |

—Yearly Registration Fee is \$40 for the 1st Child, and \$20 for the second. Family Max of \$60 per year. —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 take a break from class or take time off a 30 day notice is required. Forms are 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.



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## Flying Ninja's Class Schedule

### Boys Ninja & Gymnastics Program

Our **Flying Ninjas** will start each day working on their Ninja training skills and then move on to boys 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.

|                           |   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | <b>Class Pricing</b><br>45mins \$73<br>55mins \$79<br>1hr 15mins \$89<br>1hr 25mins \$102<br>1hr 55mins \$115 |
|---------------------------|---|--------|---------|-----------|----------|--------|----------|---|
| <b>Beginner Boys K-12</b> | <b>Mini Ninjas</b> 45min<br>Kinder-2nd Grade      | 6:00pm | 5:30pm  | 6:30pm    | 5:00pm   |        |          |   |
|                           | <b>Mighty Ninjas</b> 45min<br>3rd-5th Grade       |        |         | 7:30pm    |          |        |          |   |
|                           | <b>Soaring Ninjas</b> 55min<br>6th-12th Grade     |        |         | 4:30pm    |          |        |          |   |
|                           | <b>Flying Ninjas</b> 55 min<br><i>Invite Only</i> |        |         | 4:30pm    |          |        |          |   |

### Advanced Boys Classes and Men's Competitive Teams

|                    |                               |  |        |  |        |  |  |
|--------------------|-------------------------------|--|--------|--|--------|--|--|
| <b>Invite Only</b> | <b>Inter. Boys</b> 1hr 25mins |  | 7:20pm |  |        |  |  |
|                    | <b>Boys Pre-Team</b> 2 hrs    |  |        |  | 6:00pm |  |  |

## Flipping Tumblers Class Schedule

### Trampoline & Tumbling Program

The mission of our **Flipping Tumblers** program is to teach all children to tumble to the best of their ability. Each class will be structured to master skills while having fun. Tumbling is also a great addition to our gymnastics classes if kiddos want more gym time! Whether your kiddo is a gymnast, cheerleader, dancer, or just wants to learn a "FLIP", this is the program! By exploring and mastering tumbling skills more closely kids will develop at a faster rate in whatever they do!

Our philosophy is to help build strength, balance and self-awareness in a creatively fun and safe environment. Our Flipping Tumblers Program is to help develop well-rounded, confident, disciplined, and physically fit individuals

|                            |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |  |
|----------------------------|--|--------|---------|-----------|----------|--------|----------|--|
| <b>Beginner Co-Ed K-12</b> | <b>Mini Tumblers</b> 45min<br>Kinder-2nd Grade   | 5:00pm |         | 5:30pm    | 6:00pm   |        |          |  |
|                            | <b>Mighty Tumblers</b> 45min<br>3rd Grade and up |        |         |           | 7:00pm   |        |          |  |
|                            | <b>High Tumblers</b> 55min<br><i>Invite Only</i> | 7:00pm | 4:30pm  |           |          |        |          |  |

### Advanced T&T Class Schedule

|                          |                              |  |        |        |  |  |  |
|--------------------------|------------------------------|--|--------|--------|--|--|--|
| <b>Invite Only Co-Ed</b> | <b>Flying Tumblers</b> 55min |  | 6:20pm |        |  |  |  |
|                          | <b>Adv Tumb</b> 1hr25min     |  | 7:20pm | 5:00pm |  |  |  |

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## Soaring Stars Class Schedule

Girls Gymnastics Program

Our **Soaring Stars Girls Rec Program** is designed for FUN! Our goal is for every kiddo to learn and grow in a positive non-competitive environment and leave every class sweating and smiling. Our Girls focus on learning all four Women's Events: Vault, Bars, Beam, and Floor. This Program can feed into our Competitive Program but is not a necessary step at any point. This program is solidly immersed in our 5 pillars; which are the things we want every gymnasts experience in this program. They are FUN, RELATIONSHIP, PERSEVERANCE, SAFETY, INCLUSIVITY. Our coaches teach with these in mind in everything they do!

| Beginner Girls Gymnastics<br>K-8th Grade |  | Monday                     | Tuesday                              | Wednesday                            | Thursday                   | Friday                     | Saturday          |
|--|--|----------------------------|--------------------------------------|--------------------------------------|----------------------------|----------------------------|-------------------|
|  | <b>Mini Gliders</b> 55 min<br>Kinder-2nd Grade |                            | 4:30pm<br>5:30pm<br>6:30pm           | 4:30pm<br>5:30pm<br>6:30pm<br>7:30pm | 4:30pm<br>5:30pm<br>6:30pm | 4:30pm<br>5:30pm<br>6:30pm |                   |
| <b>Gliders</b> 55 min<br>3rd-5th Grade   |  | 4:30pm<br>5:30pm<br>6:30pm | 4:30pm<br>5:30pm<br>6:30pm<br>7:30pm | 4:30pm<br>5:30pm<br>6:30pm           | 4:30pm<br>5:30pm<br>6:30pm |                            | 9:00am<br>10:00am |
| <b>Soarers</b> 85 min<br>6th-8th Grade   |  | 6:30pm                     | 5:00pm                               | 6:30pm                               | 6:30pm                     |                            | 11:00pm           |

### Class Pricing

|            |       |
|------------|-------|
| 45mins     | \$73  |
| 55mins     | \$79  |
| 1hr 15mins | \$89  |
| 1hr 25mins | \$102 |
| 1hr 55mins | \$115 |

### Upper Level Recreational Girls Classes- Non-Competitive

| Invite Only Girls          |                            | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|----------------------------|--------|---------|-----------|----------|--------|----------|
|                            | <b>Inter. Girls</b> 85mins | 6:30pm | 5:00pm  |           | 6:30pm   |        | 11:00pm  |
|                            | <b>Adv Girls 1</b> 155mins |        |         |           | 4:30pm   |        |          |
|                            | <b>Adv Girls 2</b> 155mins | 4:30pm |         |           | 7:00pm   |        |          |
| <b>Adv Girls 3</b> 155mins |                            | 6:30pm |         |           |          |        |          |

Enroll Online  
at  
[wingsgym.com](http://wingsgym.com)

### Competitive High School Gymnastics Classes

|          |                               | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------|--------|---------|-----------|----------|--------|----------|
| 7th-12th | <b>High School</b> 2hr        |        | 7:00pm  |           | 7:00pm   |        |          |
|          | <b>Middle School Adv.</b> 2hr |        |         |           | 7:00pm   |        |          |

### Pricing

|           |       |
|-----------|-------|
| 1x a week | \$115 |
| 2x a week | \$165 |

### Competitive Teams

## Wings Xcel Class Schedule

Our **TEAM** philosophy is simple. We strive to have fun and use the skills we have learned in Soaring Stars in a competitive environment. Our Xcel team philosophy is the same as our rec in intention. However we will require the kids to work harder and longer than a regular rec class kids.. We want athletes to develop strong skills in a positive environment. Our goal is to develop routines that show off your child's skills and get them ready for either high school gymnastics or upper level gymnastics at whatever pace and desire they have.

| All Teams are Invite Only |                               | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|-------------------------------|--------|---------|-----------|----------|--------|----------|
|                           | <b>Pre-Team</b> 2hr           |        |         |           | 6:00pm   |        |          |
|                           | <b>Xcel Bronze Team</b> 2hr   |        | 4:30pm  |           |          |        |          |
|                           | <b>Xcel Silver Team 1</b> 2hr | 4:30pm |         | 4:30pm    |          |        |          |
|                           | <b>Xcel Silver Team 2</b> 2hr | 6:00pm |         | 6:00pm    |          |        |          |
|                           | <b>Xcel Gold Team 1</b> 3hr   |        | 4:30pm  |           | 4:30pm   |        |          |
|                           | <b>Xcel Gold Team 2</b> 3hr   |        | 5:30pm  |           | 5:30pm   |        |          |
|                           | <b>Xcel Platinum Team</b> 3hr | 5:30pm | 5:30pm  |           | 5:30pm   |        |          |
|                           | <b>USA JO Optionals</b> 4hr   | 4:30pm | 4:30pm  |           | 4:30pm   |        |          |

### Team Class Pricing

|                 |       |
|-----------------|-------|
| 2 hr- 1x a week | \$115 |
| 2 hr- 2x a week | \$165 |
| 3 hr- 2x a week | \$223 |
| 3 hr- 3x a week | \$315 |
| 4 hr- 3x a week | \$350 |

\*\*Additional Team Fees that include meet fees, USA Gymnastics and SD USAG Registration Fees, Coaches Fees, all uniforms and equipment are not included in Team Class Pricing

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# Wings Gymnastics Academy

## 2017-2018 Programming

### Wings After-School & Summer Programs

is a child-centered program where all kids can soar to their greatest potential.

## Wings After School Care

Wings is proud to offer a program so unique. Our **After School Program** provides a fun and challenging environment that offers a balanced combination of learning and playing. We encourage children to participate in before and after school programs to help them develop into confident, responsible, and hard-working individuals.

We offer team building exercises, homework support, and arts and crafts. Through our more than your ordinary play, students are able to experience new things, expand their creativity and grow mentally and socially. Our program is open to children in Kindergarten through 5th grade who attend Harrisburg Horizon Elementary School. Our Before and After School Program is available from 6:00am until the start of the school day and from the end of the school day until 6:00pm. We will also provide after school care to students from other schools, if travel arrangements to the gym have been made.

### Pricing

Full Time Tuition:  
\$60/week

Daily: \$15/ day

### Sample Afternoon Schedule:

Pick up kids from school: 3:15  
Snack: 3:30-3:45pm  
Open Gym: 3:45-4:30pm  
Activity: 4:30-5:00pm  
Homework: 5:00-6:00pm

**\*Gymnastics classes are available to after care students at a 10% discount.** We have a variety of classes and times where your child can do class during our after school hours. Check out our class options at [www.wingsgym.com](http://www.wingsgym.com)

### Registration Instructions:

-Go to [www.wingsgym.com](http://www.wingsgym.com)  
-Parent Portal Log in  
-Log in or create an account  
-Choose After School Program on the left hand side and complete registration

\*If you're registering for part time care, please choose the part time wait list care option and choose your days (you'll be notified in June of your acceptance)

After school care will begin on **Thursday August 25<sup>th</sup>** and end on the last day of school. We will provide care non school days for an additional fee.

## Wings Summer Camp

**Wings Summer Camp** is an active way for kids to SOAR through their summer months. We provide an interactive structured schedule in hopes of growing friendships for our children through learning and socializing. Our camp will hold a variety of activities daily that corresponds with our changing weekly themes. Families can choose to come one day, a week, multiple weeks, or the whole summer! Each day will be packed full of indoor/outdoor activities, recreational water fun, structured gymnastics, crafts and team building games. Wings Summer Camp is open to children in Elementary and Middle School. Our camp runs Monday through Friday from 9:00am to 3:00pm. There is an additional care offered before and after camp from 7:30am - 6:00pm to provide a fun and safe environment in the hours around our camp.

Enroll Online  
at  
[wingsgym.com](http://wingsgym.com)

### Sample daily schedule:

7:30-9:00: Before Care  
9:00-9:15: Welcome  
9:15-9:45: 1<sup>st</sup> Gym Rotation  
9:45-10:00: Open Gym  
10:00-10:15: Snack  
10:15-10:45: Craft  
10:45-11:15: Themed Game  
11:15-11:45: Outside Activity  
12:00-12:30: Lunch  
12:30-1:00: Themed Activity  
1:00-1:45: Water Activity  
1:45-2:15: 2<sup>nd</sup> Gym Rotation  
2:15-2:45: Open Gym  
2:45-3:00: Wrap Up  
3:00-5:30: After Care

Week 1 (May 29th-June 1st)- Adventureland  
Week 2 (June 4th-June 8th)- Movie Madness  
Week 3 (June 11th-June 15th)- Fun & Fitness  
Week 4 (June 18th-June 22nd)- Around the World  
Week 5 (June 25th-June 29th)- Let's go camping  
Week 6 (July 2nd-July 6th)- NO CAMP AVAILABLE  
Week 7 (July 9th-July 13th)- Campers to the Rescue  
Week 8 (July 16th-July 20th)- Minute to win it  
Week 9 (July 23rd- July 27th)- Home sweet home  
Week 10 (July 30th-Aug 3rd)- WINGS GYMNASTICS CAMP  
Week 11 (Aug 6th-Aug 10th)- Sea life  
Weeks 12 (Aug 13th-Aug 17th) Going green

### Pricing

Full Time Tuition: \$150/ week

Full Time Deposit: \$300  
(First and last week tuition)

Weekly Tuition: \$175

Weekly Deposit: \$75

Registration For 2018  
Summer Camps will Open  
Feb 1st

Camp runs daily from 9am-3pm You can sign up for 1 day, 1 week, multiple weeks, or the whole summer! Let your kids work off some energy in the gym! Day Camp is for kiddos Kindergarten and up!

