





Wings Gymnastics Academy

2017-2018 Schedule Wings Special Events Schedule

*****CLASSES IN **BOLD** BEGIN THE WEEK OF AUGUST 14th or Join one of our Current Classes and Pick your START DATE!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	FREE Baby Open Gym 1hr FREE walking&1yr olds				9:30am			Children over 2 may attend with their sibling with \$5.00 cost.
OPEN GYM'S	Toddler Open Gym 1hr \$5 per child 0-5yrs	9:30am			9:30am School Year Only	6:00pm		<div style="border: 1px solid gray; padding: 5px;"> Pre-Registration is required for <u>ALL</u> Open Gyms to guarantee a spot in all our open gyms. You can register online at www.wingsgym.com </div>
	Daytime Open Gym 1hr- \$5 per child walking-12th grade	10:30am			10:30am School Year Only			
	Friday Fun Open Gym 2-hrs \$10 per child K-12th					6:00pm		
	Advanced Open Gym 1.5 hrs \$10 per child					4:30pm	11:30	
	<div style="border: 1px solid gray; padding: 5px; text-align: center;"> Also Check out Wings Before&After School Care and Weekly Summer Camps </div>	<div style="border: 1px solid gray; padding: 5px; text-align: center;"> Birthday Parties Birthday Parties are available on Saturday's at 1:00, 2:00, 3:00, 4:00 or 5:00 You can book your party on our website! </div>		<div style="border: 1px solid gray; padding: 5px; text-align: center;"> Parents's Night Out Wings host Parent's Night Out many times a year! Check out our website for upcoming events!! </div>		<div style="border: 1px solid gray; padding: 5px; text-align: center;"> Enroll Online at wingsgym.com </div>		
		<h3><u>Lil'Wings Class Schedule</u></h3> <h4><u>Pre-School Motor Development Program</u></h4> <div style="border: 1px solid gray; padding: 5px; text-align: center;"> 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 eat.) happen in a way that is MAGICAL and FUN! </div>						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Co-Ed Walking-4yrs	Mini Wings 45 mins walking-3yr Parent Involvement		6:10pm	10:20am			9:10am	<div style="border: 1px solid gray; padding: 5px;"> Class Pricing 45mins \$73 55mins \$79 1hr 15mins \$89 1hr 25mins \$102 1hr 55mins \$115 </div>
	Mini Flyers 45 mins 2.5-3yr	10:20am 4:30pm 6:10pm **	10:20am 11:10am** 4:30pm 5:20pm**	9:30am 6:10pm	11:10am 6:10pm		10:00am	
	Mighty Flyers 45 mins 4yrs	11:10am 6:10pm **	9:30am 11:10am** 5:20pm**	11:10am 5:20pm	10:20am 4:30pm		10:50am	
		Lil' Wings Flying 5's						
5 yrs	High Flyers 45 mins Beg Girls Gymnastics	9:30am 5:20pm 7:00pm	10:20am 7:00pm	9:30am 4:30pm	11:10am 7:00pm		11:40am	
	Tiny Ninjas 45 mins Boys Beg Ninjas		9:30am 4:30pm	10:20am 7:00pm	10:20am 5:20pm		9:30am	

—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 class or take time off a 30 notice is required. Forms 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.



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Flying Ninja's Class Schedule

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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.

Beginner Boys K-12			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Pricing
	Mini Ninjas Kinder-2nd Grade	45min	6:00pm	5:00pm	6:00pm				
Mighty Ninjas 3rd-5th Grade	45min	5:00pm	6:00pm	7:00pm				10:20am	55mins \$79
Soaring Ninjas 6th-12th Grade	55min	7:00pm			5:00pm				1hr 15mins \$89
Flying Ninjas <i>Invite Only</i>	55min	7:00pm			5:00pm				1hr 25mins \$102
									1hr 55mins \$115

Advanced Boys Classes and Men's Competitive Teams

Invite Only	Inter. Boys	1hr 25mins		7:00pm				
	Boys Pre-Team	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!

Beginner Co-Ed K-12			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Enroll Online at wingsgym.com
	Mini Tumblers Kinder-2nd Grade	45min	5:30pm				6:20pm		
Mighty Tumblers 3rd Grade and up	45min	7:20pm	5:30PM			5:30pm			
High Tumblers <i>Invite Only</i>	55min	6:20pm	4:30pm						

Advanced T&T Class Schedule

Invite Only Co-Ed	Flying Tumblers	55min		6:20pm				
	Soaring Tumblers	1hr15min				7:00pm		
	Boys Adv Tumb	1hr25min			5:30pm			
	Girls Adv Tumb	1hr25min		7:30pm				

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Soaring Stars Class Schedule Girls Gymnastics Program

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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 gymnast experience in this program. They are FUN, RELATIONSHIP, PERSEVERANCE, SAFETY, INCLUSIVITY. Our coaches teach with these in mind in everything they do!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Beginner Girls Gymnastics K-8th Grade	Mini Gliders 55 min Kinder-2nd Grade	4:30pm 5:30pm	4:30pm 7:00pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm		9:10pm	Class Pricing 45mins \$73 55mins \$79 1hr 15mins \$89 1hr 25mins \$102 1hr 55mins \$115
	Gliders 55 min 3rd-5th Grade	4:30pm 5:30pm	4:30pm 7:00pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm		9:10am	
	Soarers 85 min 6th-8th Grade	6:30pm	5:30pm				10:10am	
	Flyers 55 mins invite only	4:30pm 5:30pm	4:30pm 7:00pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm			

Upper Level Recreational Girls Classes- Non-Competitive

Invite Only Girls	Inter. Girls 85mins	6:30pm	5:30pm		6:30pm		10:10am	
	Adv Girls 1 115mins	5:00pm			5:00pm			
	Adv Girls 2 115mins		4:30pm					
	Adv Girls 3 115mins		6:30pm					

Competitive High School Gymnastics Classes

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Pricing
7th-12th	High School 1hr 45min off season training	7:00pm			7:00pm			1x a week \$115 2x a week \$170

Wings Xcel Class Schedule Competitive Teams

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.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Team Class Pricing
All Teams are Invite Only	Pre-Team 2hr		6:00pm					2 hr- 1x a week \$115
	Xcel Bronze Team 2hr		4:30pm					2 hr- 2x a week \$160
	Xcel Silver Team 1 2hr	4:30pm		4:30pm				3 hr- 2x a week \$216
	Xcel Silver Team 2 2hr	6:00pm		6:00pm				3 hr- 3x a week \$306
	Xcel Gold Team 1 3hr		4:30pm		4:30pm			4 hr- 3x a week \$350
	Xcel Gold Team 2 3hr		5:30pm		5:30pm			
	Xcel Platinum Team 3hr	5:30pm	5:30pm		5:30pm			

**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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