



# U.S. Gold Recreational Gymnastics Class Schedule

Yearly Registration \$35 (individual) \$50 (family) – Sibling & Multiple Class Discounts Available



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 Beginner	3:30 Beginner II	3:30 Gym III	3:30 Gym III		9:00 Beginner II
3:30 Beginner II	3:30 Intermediate	3:30 Beginner II	3:30 Beginner II	4:00 Beginner	9:00 Intermediate
3:30 Intermediate		3:30 Intermediate	3:30 Intermediate	4:30 Intermediate	10:00 Gym I
4:30 Gym III	4:30 Gym III				10:00 Gym III
4:30 Beginner II	4:30 Beginner	4:30 Beginner II	4:30 Beginner	5:00 Advanced	11:00 Advanced
4:30 Advanced	4:30 Intermediate	4:30 Intermediate	4:30 Beginner II	5:30 Beginner II	11:00 Gym II
	4:30 Advanced				11:45 Gym I
5:30 Gym III	5:30 Beginner	5:30 Beginner	5:30 Beginner	<p>All gymnastics classes emphasize proper skill progressions and techniques. Students will start in beginner learning gymnastics terminology. They will also be introduced basic gymnastics skills. After this is mastered they will be invited to move through each level. To see the skill requirements for your child's class level please visit with the child's coach.</p> <p><b>Gym III, Beginner, Beginner II, Intermediate, Intermediate II:</b> 55 minutes. \$75 per month</p> <p><b>Advanced:</b> 90 minutes. \$103 per month</p> <p><b>Boys Sport:</b> Boys will participate in a high energy class focusing on general strength, flexibility and conditioning skills through the use of gymnastics. 55 minutes. \$75 per month</p> <p><b>*Pricing effective October 1, 2015</b></p> <p><b>SPECIAL EVENTS: Call for info &amp; reservations!</b></p>	
5:30 Beginner II	5:30 Intermediate	5:30 Beginner II	5:30 Beginner II		
5:30 Advanced	5:30 Intermediate II	5:30 Intermediate II	5:30 Intermediate		
6:00 Beginner II	6:00 Beginner II	6:00 Advanced	5:45 Boys Sports 7 & up		
6:30 Beginner	6:30 Beginner II		6:30 Beginner		
6:30 Beginner II	6:30 Intermediate	6:30 Beginner	6:30 Intermediate II		
6:30 Intermediate II	6:30 Boys Sport (4-6yrs)	6:30 Intermediate			
6:30 Boys Sports 7 & up					

Enrollment in any class is subject to space availability. Call 817.491.9996 to sign up for your FREE trial class!

[www.usgoldgymclub.com](http://www.usgoldgymclub.com)