



# U.S. Gold Recreational Gymnastics Class Schedule

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



| Monday                                  | Tuesday                | Wednesday              | Thursday             | Friday  | Saturday              |
|---|------------------------|------------------------|----------------------|---|-----------------------|
| 2:00 Beginner<br><b>2:00 Boys Sport</b> |                        | 2:00 Beginner          |                      |   | 9:00 Beginner         |
| 3:30 Beginner II                        | 3:30 Gym III           | 3:45 Beginner          | 3:30 Gym III         | 3:30 Intermediate   | 9:00 Beginner II      |
| 3:30 Intermediate                       | 3:30 Intermediate II   | 3:45 Beginner II       | 3:30 Beginner II     | 4:00 Beginner II  | 9:00 Gym II           |
| <b>3:30 Advanced</b>                    |                        |                        | 3:30 Intermediate    | 4:30 Intermediate   | 10:00 Gym I & II      |
|   |                        | 4:30 Beginner          | 4:30 Beginner        | <b>5:00 Advanced</b>  | 10:00 Intermediate    |
| 4:30 Beginner                           | 4:30 Gym III           | 4:30 Beginner II       | 4:30 Beginner II     | 5:30 Intermediate II  | <b>11:00 Advanced</b> |
| <b>4:30 Advanced</b>                    | 4:30 Intermediate      | 4:30 Cheer Tumble      | 4:30 Intermediate    |   | 11:00 Gym III         |
| <b>4:30 Boys Sport</b>                  |                        |                        |                      | <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. \$85 per month</p> <p><b>Advanced:</b> 85 minutes. \$115 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. \$85 per month</p> <p><b>*Pricing effective September 1, 2021</b><br/><b>SPECIAL EVENTS: Call for info &amp; reservations!</b></p> |                       |
|   | 5:30 Beginner          | 5:30 Gym III           | 5:30 Intermediate    |   |                       |
| 5:30 Gym III                            | 5:30 Beginner II       | 5:30 Beginner          | <b>5:30 Advanced</b> |   |                       |
| 5:30 Beginner II                        | 5:30 Intermediate II   | 5:30 Beginner II       | 5:30 Cheer Tumble    |   |                       |
| 5:30 Intermediate                       |                        |                        |                      |   |                       |
| 6:30 Beginner                           | 6:30 Beginner          | 6:00 Intermediate      | 6:30 Beginner        |   |                       |
| 6:30 Beginner II                        | 6:30 Beginner II       | <b>6:00 Advanced</b>   | 6:30 Beginner II     |   |                       |
| 6:30 Intermediate                       | 6:30 Intermediate      | 6:30 Beginner          | 6:30 Intermediate    |   |                       |
| 7:30 Cheer Tumble                       | <b>6:30 Boys Sport</b> | 6:30 Beginner II       | 6:45 Cheer Tumble    |   |                       |
| 7:30 Cheer Tumble<br>Must have RO BHS   | 7:15 Cheer Tumble      | <b>6:30 Boys Sport</b> | 7:30 Cheer Tumble    |   |                       |

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

4000 Haslet-Roanoke Rd, Ste 100, Roanoke, TX ~ [www.usgoldgymclub.com](http://www.usgoldgymclub.com)