



# 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 I/II <b>2:00 Boys Sport</b>	2:00 Beginner II/INT				9:00 Beginner I / II
3:30 Beginner / Gym III	3:30 Gym III	3:30 Gym III	3:30 Gym III		9:00 Gym III
3:30 Beginner II	3:30 Intermediate	3:30 Beginner	3:30 Beginner II	4:00 Beginner II	10:00 Gym I & II
<b>3:30 Advanced</b>		3:30 Beginner II	3:30 Intermediate	4:00 Intermediate	10:00 Intermediate
	4:30 Gym III	4:30 Beginner II	4:30 Beginner	5:00 Intermediate II	11:00 Gym III
4:30 Beginner	4:30 Beginner II	4:30 Cheer Tumble	4:30 Beginner II	<b>5:00 Advanced</b>	11:00 Beginner II
4:30 Beginner II	4:30 Intermediate		4:30 Intermediate		<b>11:00 Advanced</b>
<b>4:30 Advanced</b>	4:30 Cheer Tumble	<b>5:30 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. <b>Gym III, Beginner, Beginner II, Intermediate, Intermediate II:</b> 55 minutes. \$90 per month</p> <p><b>Advanced:</b> 85 minutes. \$120 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. \$90 per month</p> <p><b>*Pricing effective July 1, 2023</b> <b>SPECIAL EVENTS: Call for info &amp; reservations!</b></p>	
<b>4:30 Boys Sport</b>	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 I / II	5:30 Beginner II	5:30 Cheer Tumble		
5:30 Intermediate		6:00 Intermediate			
6:30 Beginner	6:30 Beginner	<b>6:00 Advanced</b>	6:30 Beginner		
6:30 Beginner II	6:30 Beginner II	6:30 Beginner	6:30 Beginner II		
6:30 Intermediate	6:30 Intermediate	6:30 Beginner II	6:30 Intermediate		
7:30 Cheer Tumble		<b>6:30 Boys Sport</b>	6:45 Cheer Tumble		
7:30 Cheer Tumble Must have RO BHS	7:30 Cheer Tumble	6:45 Intermediate	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)