

U.S. Gold Preschool Schedule

Tots (Walking to 3 yrs): A 30 minute class where children interact with their adult participant as they are introduced to the fun world of gymnastics!

\$55 per month

- Monday 9:00 AM
- Thursday 10:00 AM

Young 3 (3 yrs): A 30 minute class focusing on gross motor skills, listening, following directions, and basic gymnastics skills.

\$65 per month

- Monday 9:30 AM
- Tuesday 9:00 AM
- Wednesday 11:00 AM
- Thursday 10:30 AM

Gym I: A 45 minute class focusing on gross motor skills, listening, following directions, and basic gymnastics skills.

\$75 per month

- Monday 10:00 AM
- Tuesday 11:00 AM
- Wednesday 9:00 AM, 11:00 AM
- Thursday 11:00 AM
- Saturday 10:00 AM, 11:45 AM

Gym II: A 45 minute class that continues focusing on gross motor skills, listening, and following directions. Gymnasts will begin perfecting and building on the basic gymnastics skills they were introduced to in Gym I. The skill level is equivalent to our Gym III classes.

\$75 per month

- Monday 10:00 AM
- Tuesday 10:00 AM
- Wednesday 10:00 AM
- Saturday 11:00 AM

U.S. Gold Gymnastics & Cheer Academy

4000 Haslet-Roanoke Rd. Suite 100

817.491.9996

www.usgoldgymclub.com



www.facebook.com/usaoldavmnastics



@usgoldgym



@usgoldgym

Gym III (PreK - K): A 55 minute class that continues focusing on gross motor skills, listening, and following directions. This class is equivalent to our Gym II classes and our school age Beginner gymnastics classes, but it is made especially for our younger athletes who need an afternoon gymnastics class.

\$75 per month

- Monday 9:00 AM, 4:30 PM
- Tuesday 9:00 AM, 4:30 PM
- Wednesday 9:00 AM, 3:30 PM
- Thursday 3:30 PM
- Saturday 10:00 AM

Boys Sport (3 - 5 yrs): Boys will participate in a high energy class focusing on general strength, flexibility, and conditioning skills through the use of gymnastics as well as other activities.

\$75 per month

- Monday 10:00 AM
- Tuesday 11:00 AM, 3:30 PM, 6:30 PM
- Wednesday 6:30 PM
- Thursday 10:00 AM

Special Events

Daytime Playtime (Walking – 6 yrs): An hour of parent supervised free time in the gym. Please check the website before coming to make sure there have not been any schedule changes. All participants must sign in at the front desk upon arrival and have a waiver on file.

Runs September through May.

Free Members / \$5 Non-Members

****Special Rates Available for Groups of 10 or More**
Contact Jessica – Jessica@usgoldgymclub.com

- Monday 11:00 AM
- Thursday 11:00 AM

Lunch & Learn (3 – 5 yrs): Gymnastics, games, educational activities, crafts, and more! Must be fully potty trained. Children need to wear play clothes (no leotards), bring a sack lunch, and a water bottle. Please check the website for dates and times.

Runs September through May.

\$20 Members / \$25 Non-Members