



### ACADEMY CLASS SCHEDULE 2023

## GYMNASTICS

Within the Action Gymnastics program, we strive to offer high quality gymnastics instruction in a safe, supportive, and fun environment. At the center of our level curriculum is what we call the "Action philosophy" where our coaches work hard to build strength in the body, knowledge in the mind, and courage in the heart. Classes are complete with use of age appropriate, USAG approved apparatus, safety minded, certified, and experienced coaches and a mentality of every unique participant is capable and able to be the best that they can be.

### ACADEMY 6 YEARS & UP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:15 Novice Girls 6-9 3:30 Beg/Int Girls 7+ 3:45 Beg/Int Boys 6+ 4:15 Beginner Girls 6-9 4:30 Beg/Int Girls 6-9 5:30 Beg/Int Girls 6-10 6:30 Int Girls 9+	11:00am Homeschool Beginner 3:30 Novice Girls 6-9 3:45 Beginner Girls 6-9 3:45 Intermediate Girls 6-9 4:00 Beg/Int Girls Plus 4:45 Beg/Int Girls 9+ 5:00 Beg/Int Girls 6-9 6:00 Inter/Advanced Girls 7+	11:00am Homeschool Beg/Int 3:15 Novice Girls 3:15 Beg/Int Girls 6-9 3:30 Intermediate Girls Plus 3:30 Beg/Int Boys 6+ 4:30 Beg/Int Girls 6-8 4:30 Beg/Int Girls 8+ 5:15 Novice Girls 6-9 5:30 Beginner Girls 6-9 5:45 Beginner Girls 6-9	2:30 Homeschool Beg/Int 8+ 3:30 Beginner Girls 6-9 3:30 Intermediate Girls 6-9 4:00 Beg/Int Girls Plus 4:15 Beginner Girls 6-9 4:30 Beg/Int Girls 10+ 4:30 Int/Adv Girls 7+ 5:30 Beg/Int Girls 6-9 5:45 Novice Girls 6-9	3:30 Beginner Girls 6-9 3:30 Beg/Int Girls 6-9	8:45am Novice Girls 6-9 9:00am Beg/Int Girls Plus 9:00am Intermediate Girls 7+ 9:15am Beginner Girls 6-9 10:00am Beg/Int Girls 10:30am Beg/Int Girls 6-9 10:45am Beginner Boys 6+

### MINI GYM 1-6 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30 Mini Gym Girls 3:15 Mini Gym Girls 3:30 Mini Gym Girls (2) 4:30 Mini Action Heroes 3-4 4:30 Mini Gym Girls Plus 5:30 Mini Gym Girls 5:45 Mini Gym Heroes 3-5	10:00am Mini Gym Girls 2:30 Mini Gym Girls 4-6 3:30 Mini Action Heroes 3-4 4:30 Mini Gym Girls 5:45 Mini Action Heroes 3-4	9:00am Mini Action Heroes 3-4 10:00am Cruisers 1-3 3:00 Mini Action Heroes 3-4 4:15 Mini Gym Heroes 3-4 4:15 Mini Gym Girls 4:15 Mini Gym Girls (2) 5:30 Mini Gym Girls	9:15am Cruisers 1-3 9:15am Mini Action Heroes 3-4 10:00am Mini Gym Girls 3:15 Mini Gym Girls Plus 3:30 Mini Action Heroes 3-4 4:15 Mini Gym Girls 5:30 Mini Gym Girls	3:30 Mini Gym Girls 4:30 Mini Gym Boys	8:15am Cruisers 1-2 8:15am Cruisers 2-3 9:00am Mini Action Heroes 9:45am Mini Gym Girls 10:15am Mini Gym Girls (2) 10:45am Mini Gym Girls 11:30am Mini Action Heroes

## TUMBLING

Action's tumbling program provides an intense and enthusiastic atmosphere that promotes growth for our participating athletes in the sport of tumbling, cheer, dance, gymnastics, and martial arts tricking. Our safety certified instructors use custom designed curriculum combined with fundamental coaching techniques. We focus on safety and skill technicality for development of rolls, cartwheels, handstands, handsprings, flips, and twists. We use large air floors, air tracks, trampolines, tumble tracks, and obstacle courses designed specifically for the age and ability of every unique student.

### ACADEMY AGES 5 YEARS & UP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 Homeschool Cheer 8+ 1:30 Homeschool Cheer 5-8 4:30 Beg/Int Cheer 5-8 5:30 Beginner 8+ 7:00 Intermediate 8+ 8:00 High School Cheer	12:30 Homeschool Beginner 7:00 Beg/Intermediate 8+ 7:00 Advanced	12:30 Homeschool Cheer 5-7 2:30 Homeschool Cheer 8+ 4:30 Intermediate 9+ 5:30 Beginner Cheer 6:30 Intermediate 8+	11:00am Homeschool Beg/Int 8+ 12:30 Homeschool Int 7+ 4:30 Intermediate 7+ 4:45 Beginner Cheer 5-8	3:15 Dance Tumbling 4:30 Beg/Int Cheer 5-8 4:30 Intermediate 9+	9:00am Beginner Cheer 6+ 11:00am Beginner 6+

# ACTION

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### FREESTYLE

1 Hour of age and ability appropriate free style movement, Professional coaches combined with professional equipment bring energy, creativity, and discipline to this fast-moving class. Activities includes a structured warm-up, planning and goal setting, implementing student's goals, high energy obstacle courses, air floors and blocks for vaulting, and jumping. All fit into a progressive 7-week session. Skills included are vaults, twists, and combination moves incorporating advanced tricking skills and movements.

#### ACADEMY FREESTYLE 6 YEARS & UP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 Homeschool Ninja 1/2 8+ 3:30 Ninja Parkour 1 4:45 Ninja Parkour 2 5:45 Ninja Parkour 1	11:00am Homeschool Ninja 1 11:00am Homeschool Ninja 2 12:30 Homeschool Ninja 1/2 3:45 Ninja Parkour 1 6:00 Ninja Trick & Tumble 9+ 6:15 Ninja Parkour 1/2	11:00am Homeschool Ninja 1/2 2:30 Ninja Trick & Tumble 8+ 3:30 Ninja Parkour 1 4:45 Ninja Parkour 1 4:45 Ninja Parkour 3 6:00 Ninja Trick & Tumble 6-8 6:00 Ninja Parkour 4	11:00am Homeschool Ninja 8+ 2:30 Homeschool Ninja 8+ 3:45 Inter Trick & Tumble 7+ 5:00 Ninja Parkour 2 6:15 Ninja Parkour 3	4:30 Ninja Parkour 1/2	8:45am Ninja Parkour 1/2 9:45am Ninja Parkour 1/2 11:00am Ninja Parkour 1/2

#### MINI FREESTYLE 3-6 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 Mini Ninja 4-7 3:30 Mini Ninja 4-6 4:30 Mini Action Heroes 3-4 4:45 Mini Ninja Heroes 3-4 5:45 Mini Gym Heroes 3-5	10:00am Mini Ninja 4-6 2:30 Mini Ninja 4-6 3:30 Mini Action Heroes 3-4 3:45 Mini Ninja 4-6 5:00 Mini Ninja Heroes 3-4 5:00 Mini Ninja 4-6 5:45 Mini Action Heroes 3-4	9:00am Mini Action Heroes 3-4 12:30 Mini Ninja 5-7 3:30 Mini Ninja 4-6 4:15 Mini Gym Heroes 3-5	9:15am Mini Action Heroes 3-4 10:00am Mini Ninja 4-6 3:30 Mini Action Heroes 3-4 3:45 Mini Ninja 4-6 6:15 Mini Ninja 4-6	3:30 Mini Ninja 4-6	8:45am Mini Ninja 4-6 9:00am Mini Action Heroes 9:45am Mini Ninja 4-6 11:30am Mini Action Heroes

#### CLASS PRICING

Classes Per Week	Price per Month
One Class	\$110
Two Classes	\$165
Three Classes	\$220

#### MAKEUP POLICY

Because of our strict student to teacher ratio and schedule of classes, missed classes will be issued a "Make-Up token". There is a limit of 2 tokens issued a month per student. This token is valid for 90 days and student must be currently enrolled to use. Token is non-transferable to anyone outside of the immediate family. In the event of scheduled holidays, a make-up token will automatically be applied to account for use through the following 90 days. This token may be used for age and level appropriate classes (same level) and specified events.

#### SIBLING DISCOUNT

1 <sup>st</sup> child	Full price
2 <sup>nd</sup> child	15% off
3 <sup>rd</sup> child	20% off
4 <sup>th</sup> child	25% off
5 <sup>th</sup> child	30% off

**"THANK YOU" PRICING: ACTIVE MILITARY, FIRST RESPONDERS, NURSES, & TEACHERS 10% DISCOUNT** 😊

**BOOK YOUR FREE TRIAL CLASS AND/OR REGISTER NOW** **WWW.ACTIONACADEMYHQ.COM**