

# ACTION

## ACADEMY WINTER CLASS SCHEDULE

### 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 3:45 Boy's gymnastics 7+ 4:15 Intermediate Girls 4:30 Beg/Int Girls 5:30 Beg/Int Girls	11:00am Beg/Int Girls HS 3:30 Novice Girls 3:45 Beg/Int Girls 4:00 Beg/Int Girls 6-7 4:45 Beg/Int Girls 9+ 6:00 Int./Adv. Girls 9+	11:00am Beg/Int Girls HS 3:15 Beg/Int Girls 3:15 Novice Girls 3:30 Int./Adv. Girls 3:45 Beg/Int Boys 4:30 Beg/Int Girls 7-10yrs 5:45 Novice Girls	11:00am Beg/Int Girls HS 3:30 Beg/Int Girls 4:00 Beg/Int Girls 6-7 4:15 Novice Girls 4:30 Beg/Int Girls 10+ 4:30 Int/Adv Girls 7+ 5:45 Novice Girls	3:30 Beginner Girls 6-7	8:45 Novice Girls 9:00 Intermediate Girls 7+ 10:00 Beg/Int Girls 10:30 Novice Girls 10:30 Beginner Boys 7+

#### MINI GYM 1-6 YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:15 Mini Gym Girls 3:15 Mini Gym Girls 4:45 Mini Action Heroes 5:30 Mini Gym Girls	9:00am Gym & Read 10:00am Mini Gym 4-6 2:15 Mini Gym 4-6 3:30 Mini Action Heroes 3-5 4:30 Mini Gym Girls 4-6 4:45 Mini Gym Boys 4-6 5:45 Mini Action Heroes 3-5	9:15 Cruisers 1-3 9:15 Mini Action Heroes 3-4 10:00 Mini Gym Girls 4-6 3:15 Mini Action Heroes 3-4 4:15 Mini Gym Girls 4-6 6:00 Mini Gym Girls 4-6	10:00am Mini Gym Girls 2:15 Mini Gym Girls 3:30 Mini Action Heroes 3:45 Mini Gym Girls 4:15 Mini Gym Girls 5:30 Mini Gym Girls	3:15 Mini Gym Girls 4:30 Mini Gym Girls +	8:15am Cruisers 1-2YRS 8:15am Cruisers 2-3YRS 9:00am Mini Action Heroes 9:30am Mini Gym Boys 9:45am Mini Gym Girls 10:45am Mini Gym Girls

### 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, 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
4:30 Beg/Inter Cheer (5-8yrs) 5:30 Beginner (8yrs+) 8:00 High School Cheer	7:00 Intermediate 9+	10:00am Cheer Tumbling 8:00 Intermediate	3:00 Dance Tumbling 5-8yrs 4:45 Cheer Tumbling 5-8yrs 8:00 High School Cheer	4:30 Intermediate 9+ 4:30 Beg/Inter Cheer (5-8yrs)	11:00 Beginning 8+

**BOOK YOUR FREE TRIAL CLASS AND/OR REGISTER NOW  [WWW.ACTIONACADEMYHQ.COM](http://WWW.ACTIONACADEMYHQ.COM)**

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## ACADEMY WINTER CLASS SCHEDULE

### FREESTYLE

1 Hour of age and ability appropriate free style movement, Professional coaches combined with professional equipment bring energy, creativity, 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, jumping all fit into a progressive 7-week session. Skills included are vaults, twists, and combination move incorporating advanced tricking skills and movements.

### ACADEMY FREESTYLE 6 YEARS & UP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Defense Movement HS 9+ 3:30 Freestyle 1 4:45 Freestyle 2/3 5:45 Freestyle 1	11:00 Ninja Freestyle 1 1:30 Defense Movement HS 9+ 3:45 Freestyle 1/2 6:00 Ninja Tricking & Stunt 9+ 6:15 Freestyle 1/2	11:00 Ninja Freestyle 1 3:30 Freestyle 1 4:45 Freestyle 1 4:45 Freestyle 2/3 5:00 Ninja Tricking & Stunt 6-8yrs	11:00 Ninja Freestyle 1 5:00 Freestyle1/2	4:30 Freestyle 1/2	8:45 Freestyle 1/2 9:45 Freestyle 1/2 11:00 Freestyle 1/2

### MINI FREESTYLE 4-6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30 Mini Ninja 4-6 3:30 Mini Ninja 4-6 4:45 Mini Action Heroes 3-4	10:00 Mini Ninja 4-6 3:45 Mini Ninja 4-6 5:00 Mini Ninja 4-6	9:15 Mini Action Heroes 3-4 2:30 Mini Ninja 4-6 3:15 Mini Action Heroes 3-4 3:30 Mini Ninja 4-6 5:15 Mini Ninja 4-6	10:00 Mini Ninja 4-6 3:30 Mini Action Heroes 3-4 3:45 Mini Ninja 4-6	3:15 Mini Ninja 4-6	9:00 Mini Action Heroes 3-4 9:30 Mini Ninja 4-6 10:45 Mini Ninja 4-6

### CLASS PRICING

Classes Per Week	Price per Month
One Class	\$98
Two Classes	\$147
Three Classes	\$196

### MAKEUP POLICY

Because of our strict student to teacher ratio and schedule of classes, missed classes will be issued a "Make-Up token". This token is valid for 30 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 30 days. This token may be used for classes (Same level) specified events.

### SIBLING DISCOUNT

1 <sup>st</sup> child	Full price
2 <sup>nd</sup> child	15% off
3 <sup>rd</sup> child	25% off
4 <sup>th</sup> child	35% off
5 <sup>th</sup> child	50% off

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

**ASK US ABOUT OUR CARE TO SHARE AND BRING A FRIEND REWARDS PROGRAM**

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