

23Fall/24Spring Rising Stars Academy Classes

*Classes with less than 3 students will be closed and students asked to be moved to a different time

Preschool Gymnastics - Girls and Boys

Lil Stars - Parent & Tot

(walking- 2 yrs):

Monday 5:20-6:05p
Saturday 9:50-10:35a

Rising Stars - 3 & 4 year olds:

Monday 4:30-5:15p, 6:10-6:55p
Tuesday 4:30-5:15p, 5:20-6:05p
Thursday 5:00-5:45p, 5:50-6:35p
Saturday 9:00-9:45a

Preschool Classes: is set in our awesome preschool room, designed with tons of FUN for our tiny ones socialization skills, basic locomotor movements and safe exploration!

RSA CLASS PRICES:

| Times/ # Weeks | 4 Week Session |
|-------------------|-------------------|
| 45 min. | \$73.75 |
| 1 hr. | \$89.75 |
| 1.5 hrs | \$117.50 |

RSA SESSION WEEKS

| Sess. # | Week Dates | # of Weeks | Charge Date |
|---------|-------------|------------|-------------|
| 1 | 8/21-9/17 | 4 wks | N/A |
| 2 | 9/18-10/15 | 4 wks | 9/11 |
| 3 | 10/16-11/12 | 4 wks | 10/9 |
| 4 | 11/13-12/17 | 4 wks | 11/6 |
| 5 | 12/18-1/28 | 4 wks | 12/11 |
| 6 | 1/29-2/25 | 4 wks | 1/22 |
| 7 | 2/26-3/24 | 4 wks | 2/19 |
| 8 | 4/1-4/28 | 4 wks | 3/25 |
| 9 | 4/29-5/26 | 4 wks | 4/22 |

Gym Closure Dates: 9/4, 10/31(pm)
11/20-11/26, 12/22-1/5 & 3/25-3/31

School-Aged Gymnastics

Level 1: GIRLS 5 yrs+

Monday 4:00-5:00p
Tuesday 4:30-5:30p, 5:30-6:30p,
6:30-7:30p
Wednesday 5:00-6:00p, 6:00-7:00p
Thursday 5:30-6:30p, 6:30-7:30p
Saturday 9:00-10:00a, 10:00-11:00a,

Level 2/3: GIRLS 5 yrs+

Monday 5:00-6:30p, 6:30-8:00p,
Tuesday 6:30-8:00p
Wednesday 4:00-5:30p, 5:30-7:00p,
7:00-8:30p
Saturday 9:00-10:30a

Level 4/5: GIRLS 5 yrs+

Monday 6:30-8:00p
Wednesday 7:00-8:30p
Saturday 10:30-12:00p

INVITE CLASS: Pre-team

Monday(RSA) 3:45-5:45

Wednesday(GE) 3:45-5:45

Pay Per Session Schedule

School Age Gymnastics: classes for ages 5yrs+, beginner thru advanced gymnastics. Our ultimate goal is safely teaching quality gymnastics through small progressions, working to master the elements as a whole.

School-Aged Tumbling - co-ed 5 yrs and up

Novice: begin level - round-off & kick-over

Monday 4:00-5:00p
Wednesday 4:45-5:45p
Thursday 6:30-7:30p
Saturday 11:00-12:00p

Intermediate: back handspring

Thursday 5:30-6:30p

Advanced: connected series

Thursday 7:30-8:30p

Tumbling Classes:

We focus on strong basics leading into more advanced skills. Fun tactics for ALL 5yrs+ from our first handstand to our highly skilled aerial flips.

EXTRA EVENTS - :)

Flip Flop Shop - 4-5:30p

\$25/child Monthly Saturdays -
check fb page & email for details

Cartwheel Clinic - 4-5p

\$20/child Monthly Saturdays -
check fb page & email

Pizza FUN Night - 5:30-9:30p

\$30/1st child, \$25+ child
Monthly Saturdays -
check fb page & email

Monthly Sessions

October - March

Homeschool PE (5 yrs & up):

Thursday 2:30 - 4:00
*need 6 students enrolled

Monthly Pricing: \$95

GOAL OF NINJA ZONE

Build character, confidence, coordination and athleticism!

The sport of Ninja is...

"To move uninterrupted through an environmental series of obstacles with fluidity, prowess, and stealth. To use combinations of skillful spins, rolls, flips, jumps, and kicks to elude an opponent."

A child that learns to channel their impulse & energy towards a focused goal will succeed in all endeavors; school, sport, and life.

NINJAZONE



SIGN UP NOW!

| NZ CLASSES | MONDAY | TUESDAY | WEDNESDAY | SATURDAY |
|----------------------|------------|------------|------------|--------------|
| LIL NINJA 3-4 YRS | | 5:00-5:45p | | 10:40-11:25a |
| WHITE 5 + YRS | 5:00-6:00p | 4:00-5:00p | 5:45-6:45p | |
| YELLOW 5 + YRS | 6:00-7:00p | | 6:45-7:45p | |
| GREEN/BLUE | 7:00-8:00p | | | |

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