

# **Greater Buffalo Gymnastics & Fitness Center 2011-2012 Class Schedule**

## **Classes Begin September 10, 2011!**

### MONTHLY TUITION PAYMENT

(10 equal monthly payments)

#### Classes:

**Team Up \$48**

**Pre-School \$54**

**1 day per week, 1 hour class**

**Boys & Girls \$54**

**1 day per week, 1 1/2 hour class**

**Girls \$81**

**2 days per week, 1 hour class**

**Boys & Girls \$92**

**2 days per week, 1 hour & 1 1/2 hour**

**2 days per week, 1 1/2 hour class**

**Girls \$138**

**Family Discounts:** If all children are registered prior to November 1, 2011 and remain in the program until June 2012, the following discounts will apply. The first child will pay regular tuition for all ten months. The second child enrolled will receive the month of June for free. If a third child is enrolled, they will receive the month of June for free and May's tuition will be 1/2 the regular amount. If a fourth child is enrolled, he or she will receive the months of May and June for free.

### TEAM UP

Team Up is a once a week open gym time for children ages 18 months to 3 years old accompanied by an adult. With the direction of our instructors, it is designed to increase your child's attention and awareness as well as developing coordination, balance & body control. For safety, only one child per adult.

Monday 10:00 - 10:50

Wednesday 10:00 - 10:50

Thursday 10:00 - 10:50

Saturday 9:00 - 9:50

### BOYS & GIRLS PRE-SCHOOL

Our Pre-School classes are designed to allow each child the opportunity to become familiar with all of the gymnastic equipment, while developing strength, balance and coordination. Each child has their own pre-school skill chart used to track progress. These classes are for children ages 3 years to Pre-K. All children must be out of diapers before enrolling in class.

Monday 11:00 - 12:00

12:00 - 1:00

3:30 - 4:30

5:30 - 6:30

Tuesday 10:00 - 11:00

11:00 - 12:00

12:00 - 1:00

3:30 - 4:30

4:30 - 5:30

5:30 - 6:30

Wednesday 11:00 - 12:00

12:00 - 1:00

3:30 - 4:30

5:30 - 6:30

Thursday 11:00 - 12:00

12:00 - 1:00

3:30 - 4:30

4:30 - 5:30

5:30 - 6:30

Friday 3:30 - 4:30

4:30 - 5:30

5:30 - 6:30

Saturday 10:00 - 11:00

11:00 - 12:00

### HOT SHOTS

Children ages 4-6 who display ability that extends beyond our pre-school level or beginner.

Children must be recommended or evaluated by GBGFC staff.

They will work on higher set of skills.

Monday 4:30 - 5:30

Wednesday 4:30 - 5:30

### BOYS BEGINNER

Our beginner classes are designed for boys who have limited or no previous experience. Classes are structured to include all the Olympic events, trampoline and additional training aids. Each child has his own Beginner skill chart used to track progress. Boys are grouped by their age and experience. Beginner boys may register for one or more of the following classes per week.

Monday 3:30 - 4:30

5:30 - 6:30

Tuesday 3:30 - 4:30

5:30 - 6:30

Wednesday 4:30 - 5:30

5:30 - 6:30

Thursday 3:30 - 4:30

4:30 - 5:30

Friday 3:30 - 4:30

4:30 - 5:30

Saturday 10:00 - 11:00

11:00 - 12:00

### BOYS ADVANCED BEGINNER

Boys in this level must have completed our Beginner skill chart and are able to advance to more challenging skills that stress technique and execution.

Each child will have his own chart used to track progress.

This level may be used as a step up to our competitive team program.

Boys in this class must have been recommended to this level following the 10-11 season.

Adv Beginner boys may register for one or more of the following classes per week.

Monday 4:30 - 5:30

Tuesday 4:30 - 5:30

Friday 5:30 - 6:30

Saturday 11:00 - 12:30

**1641 North French Road  
Getzville, NY 14068  
(716) 639-0020  
www.buffalogymcenter.com**

# **Greater Buffalo Gymnastics & Fitness Center 2011-2012 Class Schedule**

## **Classes Begin September 10, 2011!**

### **GIRLS BEGINNER**

Beginner classes are designed for girls who have limited or no previous experience in gymnastics. Classes are structured to include all the Olympic events, trampoline and additional training aids. Each girl has her own Beginner skill chart which is used to track progress. Girls are grouped according to their age and experience. Beginner girls may register for one or more of the following classes per week.

Monday	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30
Tuesday	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30
Wednesday	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30
Thursday	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30
Friday	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30
Saturday	10:00 - 11:00 11:00 - 12:00

### **TUMBLING**

These classes emphasize tumbling, body form, and presentation. Students utilize the floor, trampoline, tumble track and other training aids to obtain and master their tumbling skills. Classes may be added as needed.

Saturday	10:00-11:00 (5-8 asst.) 11:00-12:00 (9+ asst.) 12:00-1:00 (9+unasst.)
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### **GIRLS BEG/ADV BEG**

Girls Beginner/Advanced Beginner classes are for girls who have varied skill levels on different events. Girls in this class must have been recommended to this level following the 10-11 season or evaluated by a GBGFC staff. Beg/Ad Beg girls may register for one or more of the following 1 or 1 ½ hour classes per week.

Monday	3:30- 4:30 5:30- 6:30
Tuesday	4:30- 5:30
Wednesday	4:30- 5:30
Thursday	3:30- 4:30 4:30- 5:30
Friday	3:30- 4:30 4:30- 5:30
Saturday	10:00- 11:00 11:00- 12:30

### **GIRLS ADVANCED BEGINNER**

Girls in this level have successfully completed our Beginner or Beginner/Advanced Beginner level skill charts and are able to advance to more challenging skills that stress technique and execution. Each girl will have her own skill chart to measure progress. Girls may register for one or more of the following 1 or 1 ½ hour classes per week.

Monday	3:30 - 4:30 4:30 - 5:30 5:30- 6:30
Tuesday	4:30 - 5:30 5:30 - 6:30
Wednesday	4:30 - 6:00 5:30 - 6:30
Thursday	3:30 - 4:30 4:30 - 5:30
Friday	3:30 - 4:30 4:30 - 6:00
Saturday	10:00 - 11:00 11:00 - 12:30

### **GIRLS INTERMEDIATE 1&2**

This level is for gymnasts who have successfully completed the Advanced Beginner chart and are ready to challenge themselves with a higher level which includes USAG competitive skills. This level concentrates on technique, strength, execution and flexibility. Intermediate 2 may be used as a step up to our competitive team program. Girls in these classes must have been recommended to this level following the 10-11 season. Intermediate girls may register for one or more of the following 1 1/2 hour classes per week.

Monday	5:30 - 7:00
Tuesday	5:30 - 7:00
Wednesday	4:30 - 6:00
Thursday	4:30 - 6:00
Friday	4:30 - 6:00
Saturday	11:00 - 12:30

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