

# Greater Buffalo Gymnastics & Fitness Center

## 2017-2018 Class Schedule

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[www.greaterbuffalogymnastics.com](http://www.greaterbuffalogymnastics.com)

### Classes begin Thursday, September 7, 2017

### Tuition Information

Class	Monthly Cost
Registration Fee Per Child	\$40
Tiny Tumblers	\$60
1 Day per Week, 1 hour Class	\$65
1 Day per Week, 1 ½ hour Class	\$100
2 Days per Week, 1 Hour Class	\$116
3 Hours per Week	\$168

- Our program is designed to maximize each child's gymnastic potential by recommending them to a level that will benefit them both gymnastically and developmentally. We will make sure children are properly placed by age and ability into a class most conducive for them to progress.
- Our tuition is divided into 10 equal monthly payments for your convenience.
- Please see the Parent Handbook for Information on sibling discounts.
- A full listing of holidays and closings is available in our Parent Handbook.
- Classes will be added as necessary - a minimum number of children are needed to open any given class.

# Munchkins in Motion

## Something for every little gymnast!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiny Tumblers</b> 18 mos - 3 yrs	10:00-10:50			10:00-10:50		
<b>Junior Jumpers</b> 3 & 4 yrs	11:00-12:00 4:30-5:30 5:30-6:30	10:00-11:00 11:00-12:00 3:30-4:30 4:30-5:30	10:00-11:00 11:00-12:00 3:30-4:30 4:30-5:30	11:00-12:00 12:00-1:00 3:30-4:30 4:30-5:30 5:30-6:30	10:00-11:00 11:00-12:00 3:30-4:30 4:30-5:30 5:30-6:30	9:00-10:00 10:00-11:00 11:00-12:00
<b>Kinder Kids</b> 2 <sup>nd</sup> year Preschoolers Only		5:30-6:30	4:30-5:30			10:00-11:00 11:00-12:00

### Tiny Tumblers - 18 mos. - 3 yrs.

Our Tiny Tumblers class is a once per week open gym time for children 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, and body control. For safety purposes, our ratio is one child to one adult.

### Junior Jumpers - 3 & 4 year olds

Our Junior Jumper classes are designed to allow each child the opportunity to become familiar with all of the gymnastics equipment, while developing strength, balance, and coordination. Each child has his/her own skill chart used to track progress. These classes are for children aged 3 and 4. All children must be out of diapers before enrolling in class.

### Kinder Kids - 2<sup>nd</sup> year Gymnasts Only

Our Kinder Kids classes are for children who have completed a full year of our Junior Jumpers classes. These are designed as a stepping stone for 4 year olds to our Beginner class program.

# Recreational Gymnastics Classes

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Girls Beginner 5 yrs. and Up</b>	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30 5:30-6:30 6:30-7:30	9:00-10:00 10:00-11:00 11:00-12:00
<b>Girls Beginner/ Advanced Beginner*</b>	4:30-5:30 5:30-6:30	5:30-6:30 6:30-7:30	3:30-4:30 4:30-5:30	4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30	9:00-10:00 10:00-11:00
<b>Girls Advanced Beginner 1*</b>	4:30-5:30	5:30-6:30	4:30-5:30	5:30-6:30	4:30-5:30	10:00-11:00
<b>Girls Advanced Beginner 2*</b>			4:30-6:00	5:30-7:00		9:00-10:30
<b>Girls Intermediate 1 &amp; 2*</b>		5:30-7:00			4:30-6:00	10:30-12:00
<b>Boys Gymnastics Fitness</b>	3:30-4:30 4:30-5:30	4:30-5:30	3:30-4:30 4:30-5:30	3:30-4:30 4:30-5:30 5:30-6:30		9:00-10:00 10:00-11:00 11:00-12:00
<b>Tumbling 1 5 &amp; 6 year olds</b>						9:00-10:00
<b>Tumbling 2 7 yrs. &amp; Up</b>						10:00-11:00 11:00-12:00

\*Based on recommendation from 2016-2017 season

# **Class Descriptions**

## **Girls Beginner - 5 yrs. & Up**

Beginner classes are designed to introduce and perfect the fundamentals of the sport of gymnastics. Good basics and proper skill progression are the foundation of all gymnastics classes, making Beginner our most important level. Classes are structured to include all the Olympic events, trampoline, and additional training aids. Each gymnast has her own Beginner skill chart which is used to track progress. Due to the depth and breadth of that skill chart, most girls will be in a Beginner classes for anywhere from 1-2 years. Gymnasts are grouped according to age and experience.

## **Girls Beginner/Advanced Beginner - Based on 2016-2017 Recommendation**

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 2016-2017 season or by evaluation from a Greater Buffalo staff member.

## **Girls Advanced Beginner 1- Based on 2016-2017 Recommendation**

Girls in this level have successfully completed our Beginner/Advanced Beginner skill charts and are able to advance to more challenging skills that stress technique and execution. Gymnasts must have been recommended to this level following the 2016-2017 season or by evaluation from a Greater Buffalo staff member. These classes are for those gymnasts recommended to their first year in an Advanced Beginner level.

## **Girls Advanced Beginner 2- Based on 2016-2017 Recommendation**

These classes are only for gymnasts who have taken one full year of our Advanced Beginner classes. This level will focus on more challenging skills and fine tuning techniques.

## **Girls Intermediate 1 & 2- Based on 2016-2017 Recommendation**

Girls Intermediate 1 & 2 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. These levels concentrate on technique, strength, execution, and flexibility. Girls in these classes must have been recommended following the 2016-2017 season or by evaluation from a Greater Buffalo staff member.

## **Tumbling 1**

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.

## **Tumbling 2**

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. Gymnasts must be 7 years or older to register for Tumbling 2.

## **Boys Gymnastics Fitness**

Our Boys Fitness classes are designed for boys interested in learning and advancing through gymnastics skills. Classes are structured to include all the Olympic events, trampoline, and additional training aids. Each child has his own skill chart used to track progress. Boys are grouped by age and experience.