

# RECREATIONAL FALL PROGRAM

JFJ ELITE GYMNASTICS  
CLASS SCHEDULE 2008 - 2009  
AUG 11<sup>TH</sup> TO MAY 22<sup>ND</sup>

## RECREATIONAL CLASSES

(ENTERING 5K & UP – CURRICULUM JFJ/USAG)

### BEGINNER: (1 HR CLASS, 1 DAY PER WEEK)

MONDAY	3:30 – 4:30	WEDNESDAY	3:30 – 4:30
	4:30 – 5:30		4:30 – 5:30
	5:30 – 6:30	THURSDAY	3:30 – 4:30
	6:30 – 7:30		4:30 – 5:30
TUESDAY	3:30 – 4:30		5:30 – 6:30
	4:30 – 5:30		6:30 – 7:30
	5:30 – 6:30	FRIDAY	3:30 – 4:30
	6:30 – 7:30		

### ADVANCED BEGINNER: (1 HR CLASS, 1 DAY PER WEEK)

MONDAY	3:30 – 4:30	WEDNESDAY	3:30 – 4:30
	4:30 – 5:30		4:30 – 5:30
	5:30 – 6:30	THURSDAY	3:30 – 4:30
	6:30 – 7:30		4:30 – 5:30
TUESDAY	3:30 – 4:30	FRIDAY	4:30 – 5:30
	4:30 – 5:30		
	5:30 – 6:30		
	6:30 – 7:30		

### INTERMEDIATE: (BY INVITATION ONLY/1 1/2 HR CLASS, 1 DAY PER WEEK)

MONDAY	3:30 – 5:00	WEDNESDAY	3:30 – 5:00
TUESDAY	5:00 – 6:30		5:00 – 6:30

### ADVANCED INTERMEDIATE:

THURSDAY 5:00 – 6:30

### HOT SHOTS 1 (BY INVITATION ONLY/4 HRS PER WEEK)

MONDAY 3:30 – 5:30 WEDNESDAY 3:30 – 5:30

### HOT SHOTS 2 (BY INVITATION ONLY/3 HRS PER WEEK)

TUESDAY 3:30 – 5:00 THURSDAY 3:30 – 5:00

### USA TRAMPOLINE & TUMBLING:

#### LEVEL 1

MONDAY 3:30 – 4:30 WEDNESDAY 3:30 – 4:30  
4:30 – 5:30 THURSDAY 3:30 – 4:30

WEDNESDAY 3:30 – 4:30

4:30 – 5:30

THURSDAY 3:30 – 4:30

#### LEVEL 2 (BY INVITATION ONLY)

### LEVEL 3 INTERMEDIATE TRAMPOLINE & TUMBLING

(1 1/2 HOUR CLASS BY INVITATION ONLY)

TBA

### CHEER TUMBLING (MUST BE IN 5<sup>TH</sup> GRADE OR OLDER)

MONDAY 7:30 – 8:30

PRETEAM 1 4 HRS MONDAY 5:00 – 7:00 WEDNESDAY 3:30 – 5:30

PRETEAM 2 3 HRS TUESDAY 3:30 – 5:00 THURSDAY 3:30 – 5:00

*Luke 6:23*

*Rejoice in that day and Jump for Joy,  
Because great is your reward in heaven!*

**CLASS DESCRIPTION** – A DEVELOPMENTAL SEQUENCE OF SKILLS TAUGHT ONE-ON-ONE UTILIZING THE BALANCE BEAM, FLOOR EXERCISE MAT, UNEVEN BARS, VAULTING HORSE, TUMBLE TRACK, IN-GROUND TRAMPOLINE AND DOUBLE MINI TRAMPOLINE.

### **CLASS FEES:** (IF PAYING EFT OR AUTOMATIC CREDIT CARD CHARGE YOU WILL RECEIVE A \$5.00 PER MONTH DISCOUNT)

BEGINNER/ADVANCED BEGINNER - \$65 PER MONTH  
INTERMEDIATE GYMNASTICS AND TRAMP/TUMBLE - \$80 PER MONTH  
HOT SHOTS 1 - \$130 PER MONTH  
HOT SHOTS 2 - \$120 PER MONTH  
TRAMPOLINE/TUMBLING LEVEL 1&2 CLASS - \$65 PER MONTH  
PRE-TEAM 1 - \$130 PER MONTH PRETEAM 2 - \$120 PER MONTH

(\$5 DISCOUNT PER MONTH GIVEN FOR SECOND CHILD IN SAME FAMILY)

### **REGISTRATION FEE:**

1 STUDENT...\$30 2 STUDENTS...\$50 3 STUDENTS...\$60

### **HOLIDAY CLOSINGS:**

SEPTEMBER 1 – LABOR DAY  
NOVEMBER 25-28 - THANKSGIVING  
DECEMBER 22 - JANUARY 4 – CHRISTMAS BREAK  
MARCH 16 - 20 – SPRING BREAK

REGISTRATION FEE IS NON-REFUNDABLE. TO DROP A CLASS, YOU MUST GIVE A **30-DAY WRITTEN NOTICE** IN ORDER NOT TO BE RESPONSIBLE FOR THE NEXT MONTH'S TUITION. THE REGISTRATION FEE, ONE MONTH'S DEPOSIT, AND FIRST MONTH'S TUITION IS DUE UPON REGISTRATION. IF PAYING WITH EFT OR AUTOMATIC DRAFT OPTION, THE DEPOSIT IS NOT REQUIRED. AUGUST, DECEMBER AND MAY TUITION WILL BE PRORATED.

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