

2018 / 2019 Gymnastics, Tumbling & Ninja Schedule

Call 972-727-9095 to enroll NOW!

Revised August 20th 2018

| Class Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|---|---|---|---|--|--|
| 9:00 | | | | | Pre-school Open Gym EVERY FRIDAY 10:00am-12:00pm AGES 0-6 YEARS | 9:00 AM Green - Chloe Yellow - Corbin Girls Level 1 - Vairo |
| 9:30 | Yellow - Lacey | Red - Sabrina Yellow - Lacey | Red - Lacey | Green - Sabrina Yellow - Lacey | | 9:45 AM Red - Chloe Green - Corbin |
| 10:15 | Green - Lacey | Green - Lacey Yellow - Sabrina | Yellow - Lacey | Green - Lacey Yellow - Sabrina | | 10:00 AM Kinder Gymnastics - Vairo |
| 11:00 | Yellow - Lacey | Green - Sabrina Kinder Gym - Lacey | Green - Lacey | Green - Sabrina Yellow - Lacey | | 10:30 AM Green - Chloe Yellow - Corbin |
| 2:00 | | | Home School Ages 3 - 12 Brad, Darren, Mindy (1 hr) | | | 11:15 AM Girls Level 1 - Corbin Girls Level 2 & 3 - Vairo CO-ED Ninja Gym & Tum. - Chloe |
| 3:30 | Green - Corbin | Green - Corbin | Green - Corbin | Green - Corbin | | Instructors: Brad Lavvorn Lacey Chitsey Jess Couron Darren McCoy Sabrina Garcia Paige Peichel Corbin Ramos Chloe Beam Grace Knochenmus Vairo Venkatesh Collin Wallick |
| 3:45 | Kinder Gym - Grace Girls Level 1 - Jess Girls Level 2&3 - Darren CO-ED Ninja Gym & Tum. - Brad | Kinder Gym - Grace Girls Level 2 - Brad Back Handspring - Darren | Kinder Gym - Jess Girls Level 1 - Brad CO-ED Ninja Gym & Tum.-Collin | Girls Level 1 - Grace Beginner Cheer Tumbling - Brad CO-ED Ninja Gym & Tum.-Darren | | |
| 4:15 | Yellow - Corbin | Green - Corbin | Green - Corbin | Green - Corbin | | |
| 4:45 | Kinder Gym - Paige Girls Level 1 - Grace Girls Level 2 & 3 - Jess CO-ED Ninja Gym & Tum. - Brad Back Handspring - Darren | Kinder Gym - Sabrina Girls Level 1 - Brad Girls Level 2 & 3 - Darren Boys Ninja Gym & Tumbling -Tre Beginner Cheer Tumbling - Grace | Girls Level 1 - Collin Girls Level 2&3 - Brad Beginner Cheer Tumbling - Vairo | Kinder Gym - Sabrina Girls Level 1 - Brad Girls Level 2&3 - Darren Back Handspring - Grace | | |
| 5:00 | Green - Corbin Yellow - Vairo | Yellow - Corbin | Green - Corbin Yellow - Jess | Green - Corbin | | |
| 5:45 | Kinder Gym - Paige Girls Level 1 - Jess Beginner Cheer Tumbling - Vairo Back Handspring - Brad CO-ED Ninja Gym & Tum.-Darren | Girls Level 1 - Grace Girls Level 2 - Brad Back Handspring - Darren Boys Ninja Gym & Tumbling -Tre | Kinder Gym - Vairo Girls Level 1 - Jess Back Handspring - Collin ADVANCED CHEER TUMBLING 2 HOURS CLASS-DARREN | Kinder Gym - Sabrina Girls Level 1 - Brad Girls Level 2&3 - Darren Beginner Cheer Tumbling - Grace | | |
| 6:00 | Yellow - Corbin | Red - Sabrina | Red - Brad Green - Corbin | Yellow - Corbin | | |
| 6:45 | Girls Level 1 - Corbin Girls Level 2 &3 - Vairo Beginner Cheer Tumbling - Jess Back Handspring - Brad CO-ED Ninja Gym & Tum.-Darren | Girls Level 1 - Sabrina Girls Level 2&3 - Brad Back Handspring - Grace Series Tumbling - Darren | Kinder Gym - Corbin Girls Level 1 - Vairo CO-ED Ninja Gym & Tum. - Brad Beginner Cheer Tumbling - Jess Series Tumbling - Collin | Girls Level 1 - Corbin Girls Level 2&3 - Brad Beginner Cheer Tumbling - Grace Back Handspring - Darren CO-ED Ninja Gym & Tum.-Sabrina | | |
| 7:45 | TUMBLING POWER HOUR *** GREAT PRICE*** ****BEST DEAL IN TOWN**** Monday - Thursday Come as often as you like for just \$87 per month Coaches: Brad Lavvorn, Collin & Darren McCoy | | | | | |

GIRLS COMPETITIVE TEAM PROGRAM

WE WOULD LOVE TO HAVE YOUR DAUGHTER JOIN OUR TEAM

PLEASE EMAIL US TO GET MORE INFORMATION
girlsteam@metroplexgym.com

MICRO METS age 3-4 years
1 HOUR - ONCE A WEEK

MINI METS age 4-6 years
1 & 1/2 hour twice a week

HOT SHOTS age 6-12 years
2 hour 15min twice a week

6:30PM - 11:00PM
EVERY FRIDAY & SATURDAY NIGHT



Class Levels

| | | |
|------------------------|-----------------------------|-----------------|
| Red..... | 12 months - 35 months | 45 minute class |
| Green..... | 3 year olds boys & girls | 45 minute class |
| Yellow..... | 4 year olds boys & girls | 45 minute class |
| Kinder Gymnastics..... | 5 & 6 year old boys & girls | 1 hour class |
| Girls Level 1..... | Beginner 6 yrs + | 1 hour class |
| Girls Level 2 & 3..... | Intermediate 6 yrs + | 1 hour class |

NINJA GYM & TUMBLING

| | | |
|------------------------|---|--------------|
| CO-ED 6 years + | Focus on strength, agility & coordination | 1 hour class |
| Beginner Tumbling..... | Beginner Tumbling 6 yrs + | 1 hour class |
| Back Handspring | Has mastered Beginner Tumbling skills 6 yrs + | 1 hour class |
| Series Tumbling..... | Mastered back handspring working multiple handsprings | 1 hour class |

ADVANCED CHEER TUMBLING 2 HOUR CLASS

High level tumbling series working back tucks

TUMBLING POWER HOUR

High level tumbling, back handspring series, standing back tucks series tumbling with back tuck, layout, fulls & beyond

BIRTHDAY PARTIES

Every Friday, Saturday & Sunday



Monthly Tuition

Gymnastics, Tumbling & Kinder Classes

1x per week - 1 hour class = \$87

Tumbling Power Hour

1 - 4 X per week - 1 hour class = \$87

Preschool Classes

1x per week - 45 min class = \$77

Red Class-Parent & Child

1 x per week - 45 min classes = \$67

Enroll for multiple classes per week & save
 Same student, 5% off 2nd class & 10% off 3rd class
 \$40 annual enrollment fee due at registration