

# 2019 Gymnastics, Tumbling & Ninja Schedule

Call 972-727-9095 to enroll NOW!

Revised May 8th 2019

Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>SUMMER CAMP</h1>						9:00 AM Green - Corbin Yellow - Corbin Girls Level 1 - Viaro
						9:45 AM Red - Corbin
						10:00AM Kinder Gymnastics - Viaro
						10:30AM Green - Corbin Yellow - Corbin
						11:15AM Girls Level 1 - Corbin CO-ED Ninja Gym - Viaro
	Instructors:					
	Brad Lavvorn Lacey Chitsey Jess Couron Darren McCoy Sabrina Garcia Paige Peichel Corbin Ramos Grace Knochenmus Viaro Venkatesh Collin Wallick					
	<b>GIRLS COMPETITIVE TEAM PROGRAM</b>					
	WE WOULD LOVE TO HAVE YOUR DAUGHTER JOIN OUR TEAM PLEASE EMAIL US TO GET MORE INFORMATION <a href="mailto:girsteam@metroplexgym.com">girsteam@metroplexgym.com</a>					
	<b>MICRO METS</b> age 3-4 years 1 HOUR - ONCE A WEEK					
<b>MINI METS</b> age 4-6 years 1 & 1/2 hour twice a week						
<b>HOT SHOTS</b> age 6-12 years 2 hour 15min twice a week						

3:45	Kinder Gym - Viaro	Kinder Gym - Lacey	Girls Level 1 - Viaro	Beginner Cheer Tumbling - Brad
	Girls Level - Darren	Girls Level - Brad	SR, CO-ED Ninja Gym - Collin	JR, CO-ED Ninja Gym - Darren
	JR, CO-ED Ninja Gym - Brad	Back Handspring - Darren	Kinder CO-ED Ninja Gym - Brad	
	Kinder CO-ED Ninja Gym - Lacey			
4:15	Yellow - Corbin	Green - Corbin	Green - Corbin	Green - Corbin
4:45	Kinder Gym - Mindy	Girls Level 1 - Lacey	Girls Level 1 - Collin	Girls Level - Lacey
	Girls Level - Viaro	Beginner Cheer Tumbling - Sabrina	Girls Level 2&3 - Brad	Back Handspring - Sabrina
	JR, CO-ED Ninja Gym - Brad	CO-ED Ninja Gym - Brad	Beginner Cheer Tumbling - Viaro	JR, CO-ED Ninja Gym - Brad
5:00	Green - Corbin	Yellow - Corbin	Green - Corbin	Green - Corbin
	Yellow - Corbin		Yellow - ???	
5:45	Kinder Gym - ???	Girls Level 1 & 2 - Mindy	Kinder Gym - Viaro	Kinder Gym - Sabrina
	Girls Level 1 - ???	Back Handspring - Darren	Back Handspring - Collin	Girls Level 1 - Brad
	Beginner Cheer Tumbling - Viaro	JR, Boys Ninja Gym - Brad		Girls Level 2&3 - Mindy
	JR, CO-ED Ninja Gym - Darren		<b>ADVANCED CHEER TUMBLING</b> 2 HOURS CLASS - DARREN	
	Back Handspring - Brad			
6:00	Yellow - Corbin	Red - Sabrina	Red - Brad	Yellow - Corbin
			Green - Corbin	
6:45	Girls Level 1 - Corbin	Girls Level - Sabrina	Kinder Gym - Corbin	Girls Level 1 - Corbin
	Girls Level 2 & 3 - Viaro	Series Tumbling - Brad	Girls Level 1 - Viaro	Girls Level 2&3 - Brad
	SR, CO-ED Ninja Gym - Darren		SR, CO-ED Ninja Gym - Brad	JR, CO-ED Ninja Gym - Sabrina
	Back Handspring - Brad			Back Handspring - Mindy
7:45	POWER HOUR	POWER HOUR	NO POWER HOUR WEDNESDAY	POWER HOUR
	<b>TUMBLING POWER HOUR</b>			
Monday - Tuesday & Wednesday Come as often as you like for just \$87 per month Coaches: Brad Lavvorn, Collin & Darren McCoy				

**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