# SAN DIEGO **GYMNASTICS** JOIN THE MO<u>VEMENT</u>

# **GROSSMONT CENTER** PROGRAMS SCHEDULE

#### RECREATIONAL **GYMNASTICS**

**ROOKIES** (Ages 0-Walking)

50 MINUTES \$101/MONTH Tuesday 11am

#### PLAY DATES (Ages Walking-3)

50 MINUTES \$114/MONTH Monday 9:00am Tuesday 9:00am, 10:00am Wednesday 10:00am Thursday 9:00am Friday 9:00am Saturday 8:00am, 9:00am, 10:15am

#### **GROMMETS** (Ages 3-5)

50 MINUTES \$114/MONTH Monday 10:00am, 11:00am, 3:15pm, 4:15pm, 5:15pm Tuesday 9:00am, 11:00am, 4:15pm, 5:30pm, 6:30pm Wednesday 10:00am, 11:00am, 3:00pm, 4:00pm, 5:00pm Thursday 10:00am, 4:15pm, 5:30pm, 6:30pm Friday 9:00am, 10:00am, 11:00am, 3:00pm, 4:00pm, 5:00pm

Saturday 8:00am, 9:00am, 9:30am, 10:15am, 10:30am, 11:15am, 11:30am, 12:30pm

# **HANGFIVE** (Ages 5-6)

60 MINUTES \$143/ MONTH Monday 3:15pm, 5:15pm, 6:30pm Tuesday 3:00pm, 5:15pm, 6:15pm Wednesday 4:00pm Thursday 4:15pm, 5:30pm Friday 10:00am, 4:00pm Saturday 9:00am, 11:30am, 12:30pm

#### LEVEL 1 (Ages 6+)

60 MINUTES \$143/MONTH Monday 4:15pm, 4:30pm, 5:30pm, 6:30pm Tuesday 3:00pm, 4:15pm, 5:30pm, 6:30pm Wednesday 3:00pm 4:00pm, 5:15pm Thursday 3:00pm, 4:15pm, 5:00pm, 5:30pm, 6:00pm Friday 3:00pm, 4:00pm Saturday 9:00am, 10:00am,

#### LEVEL 1 (Ages 9+)

60 MINUTES \$143/MONTH Tuesday 5:15pm Wednesday 6:15pm Thursday 6:30pm

### LEVEL 2 (Ages 6+)

90 MINUTES \$198/ MONTH Monday 4:00pm, 6:30pm Tuesday 4:00pm, Wednesday 5:00pm Thursday 4:00pm, 5:30pm Friday 4:00pm Saturday 10:30am

#### LEVEL 3 (Ages 6+)

120 MINUTES SZ48/MONTH Tuesday 6:00pm Wednesday 4:00pm Friday 4:00pm Saturday 10:30am

#### **TUMBLING** (Ages 6+)

**BEGINNING TUMBLING** 60 MINUTES \$143/MONTH Monday 6:00pm Tuesday 4:15pm Wednesday 6:15pm INTERMEDIATE TUMBLING (Ages 6+)

90 MINUTES \$198/MONTH Tuesday 4:00pm

ADVANCED TUMBLING (Ages 8+) 90 MINUTES \$198/MONTH Tuesday 6:30pm

# **REGISTER ONLINE**

www.sdgymnastics.com

# **ANNUAL FEE \$65**

Tuition is billed monthly for one class/ week one month in advance.

# NO REFUNDS OR MAKEUPS.



# PARKOUR

#### **GYMNINJA** (Ages 3-5)

GYM-NINJA (Ages 3-5) 50 MINUTES \$114/MONTH Monday 3:15pm, 5:00pm Tuesday 10:00am, 3:00pm Wednesday 9:00am, 4:00pm, 5:15pm Thursday 4:30pm Friday 11:00am, 4:00pm Saturday 9:00am, 11:30am

#### **GYMWARRIOR** (Ages5-6)

60 MINUTES \$143/ MONTH Monday 3:15pm, 5:15pm Wednesday 5:00pm Thursday 4:00pm Saturday 10:00am

# **BEGINNING**(Ages 6+)

60 MINUTES \$143/MONTH Monday 3:30pm, 4:15pm, 5:30pm, 6:15pm Tuesday 4:00pm, 5:15pm, 6:15pm Wednesday 4:00pm Thursday 5:00pm, 5:30pm, 6:30pm Friday 3:00pm Saturday 9:00am, 10:15am

### **INTERMEDIATE**

60 MINUTES \$143/MONTH Wednesday 6:15pm Thursday 4:30pm Friday 5:00pm

ADVANCED 90 MINUTES \$198/ MONTH Thursday 6:00pm

# **COMPETITIVE TEAM**

**INVITE ONLY** HOT SHOTS PRE-TEAM (Ages 4-6) \$229/MONTH + ANNUAL \$99 Tuesday & Thursday 4:00-5:30pm

STARS PRE-TEAM (Ages 6+) \$269/MONTH + ANNUAL \$99 Monday & Wednesday 4:00-5:30pm Thursday 5:30-7:30pm

# **ACTIVE LEARNING**

#### JUMPSTART (Ages Potty Trained- 5)

3 HOUR DROP OFF \$224/ MONTH Choose 1-5 days/ week, tuition multiples per day attended Monday- Friday 9am-12pm

**BEYOND** (Ages 5+) AFTER SCHOOL PROGRAM Transportation avaialble from local schools. Monday- Friday 2pm-6pm

**COMPETITIVE XCEL TEAM** Contact us for pricing Monday 5:30-8:00pm Wednesday 5:30-8:00pm

Friday 4:00-6:00pm **DEMO TEAM** 60 MINUTES \$64/ MONTH Friday 5:30-6:30pm Mini's Friday 3:00-3:50pm

**PARKOUR TEAM** 

# CAMPS

#### **KIDS NIGHT OUT**

**4 HOUR DROP OFF ENROLLED IN CLASSES \$42/CHILD** OR \$79/ FAMILY **OFFERD THE 2ND FRIDAY EVERY MONTH** 

#### **HOLIDAY CAMPS**

9AM-3PM MONDAY- FRIDAY WHEN SCHOOL IS OUT, CAMP IS IN! SEE WEBSITE FOR DETAILS.

# **EVENTS**

**90 MINUTE PRIVATE EVENTS** SAT/ SUN STARTING AT \$325 MORE INFORMATION ONLINE

#### **OPEN GYM**

60 MINUTES \$10/ SESSION (Available only to enrolled athletes) Monday-Friday 12:15-1:15PM (ALL ages) Saturday 1:30-2:30PM (6 & up ONLY)\*

5500 Grossmont Center Drive Suite 267 La Mesa CA 91942 SDGYMNASTICS.COM

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50 MINUTES \$85/ MONTH

