

# STA GRAMS SCHEDULE

## RECREATIONAL **GYMNASTICS**

#### **AGES 0- WALKING**

**ROOKIES 45 MIN \$114/MONTH** 

Coming Soon!

#### AGES WALKING-3

PLAY DATES 50 MIN \$120/MONTH

Wednesday 9:00am Thursday: 10:00am Saturday 9:00am, 10:00am

#### AGES 3-5

**GROMMETS** 50 MIN \$120/MONTH

Monday 11:00am, 3:00pm, 4:15pm, 5:00pm Tuesday 4:45pm, 5:45pm Wednesday 9:00am, 3:30pm, 4:00pm, 4:30pm, 5:00pm Thursday 10:00am, 4:00pm, 5:15pm Friday 10:00am, 3:00pm Saturday 9:00am, 10:00am, 11:00am

#### **AGES 5-6**

**HANGFIVE 60 MIN \$150/MONTH** 

Monday 3:15pm, 4:00pm Tuesday 5:45pm Wednesday 3:00pm, 4:00pm, 5:30pm Thursday 11:00am, 3:00pm, 4:30pm, 5:15pm Saturday 10:00am

#### AGES 6+

**LEVEL 1** 60 MIN \$150/MONTH

Monday 3:00pm, 5:15pm, 6:00pm Tuesday 3:45pm, 4:00pm, 4:45pm Wednesday 3:00pm, 3:45pm, 4:00pm, 4:30pm, 4:45pm, 5:30pm Thursday 3:15pm, 3:30pm, 4:15pm Friday 3:00pm, 5:00pm Saturday 9:00am

#### **LEVEL 2** 90 MIN \$208/MONTH

Monday 4:00pm, 6:15pm Tuesday 3:45pm,5:00pm Wednesday 4:00pm Thursday 3:30pm Friday 4:30pm Saturday 11:00am

#### LEVEL 3 120 MIN \$260/MONTH

Tuesday 5:15pm Wednesday 5:45pm

#### **LEVEL 4** 120 MIN \$260/MONTH

Thursday 5:00pm

#### **VERY INCLUSIVE PROGRAM**

Tuesday 3:00pm (Ages 3-5) Friday 5:15pm (Ages 6+) Saturday 11:30am (Ages 2-5)

#### AGES 9+

LEVEL 1 60 MIN \$150/MONTH

Thursday 6:00pm, 6:15pm

## COMPETITIVE TEAMS

#### **INVITE ONLY**

**PRE-TEAM HOT SHOTS** 

Tuesday & Thursday 3:30-5:00pm

#### **PRE-TEAM STARS**

Wednesday 5:30-8:00pm Friday 4:30-7:00pm

#### **XCEL TEAM GOLD/PLATINUM**

Monday & Wednesday 5:30-8:00pm Friday- 5:30-7:30pm

#### **XCEL TEAM SILVER**

Monday & Wednesday 5:30-8:00pm Friday- 3:30-5:30pm

#### **XCEL TEAM BRONZE**

Tuesday & Thursday 5:00-7:30pm

#### **DEMO TEAMS**

Wednesday 3:00-3:50pm Friday 4:00-5:00pm

#### **PARKOUR TEAM**

Friday 3:30-4:30pm

## **TUMBLING**

#### AGES 6+

**BEGINNING** 60 MIN \$150/MONTH

Tuesday 5:00pm Wednesday 6:00pm

#### INTERMEDIATE/ ADVANCED

ACTIVE LEARNING

Ask us for more info!

**BEYOND AFTER SCHOOL PROGRAM** 

Tuesday 6:00pm

**JUMPSTART** 

## **PARKOUR**

#### **AGES 3-5**

#### **GYMNINJA** 50 MIN \$120/MONTH

Monday 4:15pm, 5:30pm Tuesday 3:30pm, 4:30pm Wednesday 3:30pm, 5:00pm Thursday 11:00am, 5:45pm Saturday 9:00am

#### AGES 5-6

#### **GYMWARRIOR**

60 MIN \$150/MONTH

Monday 3:15pm Thursday 5:00pm Friday 4:00pm

#### AGES 6+

#### **BEGINNING**

## 60 MIN \$150/MONTH

Monday 5:15pm Tuesday 3:30pm Wednesday 3:00pm, 6:00pm Thursday 3:30pm 4:30pm Friday 3:30pm Saturday 11:00am

### **INTERMEDIATE**

60 MIN \$150/MONTH

Monday 5:15pm Thursday 5:30pm

#### **ADVANCED**

90 MIN \$208/MONTH

Monday 3:30pm Friday 4:30pm

## CAMPS & EVENTS

#### SEASONAL CAMPS

WHEN SCHOOL IS OUT, CAMP IS IN! OFFERED ON A WEEKLY BASIS MONDAY- FRIDAY 9AM-3PM

#### **OPEN GYM**

Monday-Friday (ALL Ages) 12:00-1:00PM Saturday (5+ Only) 1:30-2:30PM Thursday (5+ Only) 7:00pm-8:00pm

#### **KIDS NIGHT OUT**

**OFFERED THE 2ND FRIDAY** OF EVERY MONTH EN-**ROLLED IN CLASSES \$42/** CHILD OR \$79/ FAMILY

## **PARTIES & PRIVATE GYM RENTALS**

90 MINUTE PRIVATE EVENTS SAT/ SUN STARTING AT \$350 MORE INFORMATION ONLINE

## DOWNLOAD

Ask us for more info!



Transportation available from local schools.

## \$65 ANNUAL FEE

Tuition includes one class/week billed one month in advance.

NO REFUNDS OR MAKE UPS.



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