

## SPECIAL EVENTS

### Field Trips

Field trips may be arranged for schools and organizations. Please contact us at [ipowergymnastics@yahoo.com](mailto:ipowergymnastics@yahoo.com)

### Birthday Parties

We offer no hassle birthday parties! Stop by our facility and pick up a party brochure or visit [www.ipowergymnastics.com](http://www.ipowergymnastics.com)

### General Open Gym

Open Gym is for anyone age 5 years and older to enjoy gymnastics at their own pace and leisure. Participants under 18 must be accompanied by a parent.

Cost: \$7 (per person)

Punch Cards: 5/\$25 or 10/\$50

Monday	Wednesday	Saturday
8:30 – 10:00pm	8:30 – 10:00pm	12:30 – 1:30pm

## SPECIAL PROGRAMS

### Create Your Own Class

This class is for a group of friends and/or relatives. Class time will be constructed to meet the needs and goals of the participants and their schedule. **(Minimum of 4 participants required)**

Cost:

	Once a week	Twice a week
45 minutes	\$130.00	\$195.00
60 minutes	\$165.00	\$265.00
90 minutes	\$220.00	\$375.00

## FOR YOUR INFORMATION

### **Annual Fee**

\$15.00 due once a year

➤ Be sure to pick up a copy of our Policies.
➤ Session Report Cards are issued at the end of each session.
➤ <b>We are a service business!</b> Please feel free to E-mail Dena and Kevin with suggestions and concerns at <a href="mailto:ipowergymnastics@yahoo.com">ipowergymnastics@yahoo.com</a>

### **I-POWER SCHOOL OF GYMNASTICS**

#### ***FAMILY MEMBERSHIP***

**August 1, 2013 – July 31, 2014**

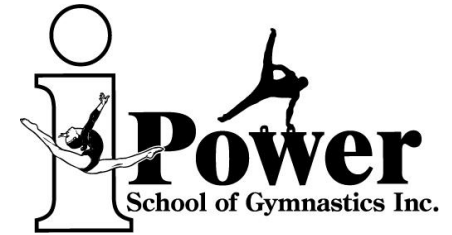
- ✓ \$10 off pre-paid/pre-registered programs\*
- ✓ \$10 off one birthday party
- ✓ 5 – Open Gym Sessions

**VALUE of \$85 for ONLY \$55**

**\*\*Membership Card is pro-rated during Quarter 3 to \$35\*\***

\*\$10.00 off first child, \$5.00 off each additional child.

**215 S. Staley Road  
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[www.ipowergymnastics.com](http://www.ipowergymnastics.com)  
Kevin Burnside and Dena Slade, Co-Owners**



## SCHOOL-AGE GYMNASTICS

*Quality Gymnastics Instruction,  
Fitness and FUN!*

Join anytime! Class fees are pro-rated.

**Quarter 3 – 2013-2014**

*January 27<sup>th</sup> – April 12<sup>th</sup>*

*No Classes  
March 24<sup>th</sup> – March 29<sup>th</sup> – Spring Break*



## SCHOOL-AGE PROGRAM

Our School-Age Program aims to develop confidence, strength, coordination, discipline and FITNESS!

We teach following the USA Gymnastics Junior Olympic Level Program.

**Our Recreational Program follows levels 1-3.**

### LEVEL 1A (55 minutes) \*Boys and Girls

6 years and older. Entry level gymnastics! Gymnasts work to learn somersaults, handstands, cartwheels, etc.

**Class ratio is 1 instructor for every 8 children.**

Cost: \$155.00 (once a week) \$255.00 (twice a week)

Mon	Tues	Wed	Thurs	Sat
4:45pm	4:00pm	5:15pm	5:15pm	9:15am
6:45pm	6:15pm	6:15pm		

### LEVEL 1B (55 minutes) \*Boys and Girls

6 years and older. Entry level gymnastics! Gymnasts work to learn somersaults, handstands, cartwheels, etc.

**By recommendation only!**

**Class ratio is 1 instructor for every 8 children.**

Cost: \$155.00 (once a week) \$255.00 (twice a week)

Mon	Tues	Wed	Thurs	Sat
5:15pm	4:30pm	5:15pm	5:15pm	10:15am
		6:15pm		

### FOR YOUR INFORMATION

Class levels are divided by either A or B depending on the mastery of the skills in each level. A level students are in the beginning phases of learning skills, while B level students are working to master the skills.

### GIRLS LEVEL 2A (85 minutes)

6 years and older. In order to enter this class, students must have mastered somersaults, handstands, cartwheels, casting on bars, and a back hip pullover!

**By recommendation only!**

**Class ratio is 1 instructor for every 8 children.**

Cost: \$210.00 (once a week) \$365.00 (twice a week)

Mon	Wed
5:45pm	4:00pm

### GIRLS LEVEL 2B (85 minutes)

6 years and older. In order to enter this class, students must have mastered somersaults, handstands, cartwheels, casting on bars, and a back hip pullover!

**By recommendation only!**

**Class ratio is 1 instructor for every 8 children.**

Cost: \$210.00 (once a week) \$365.00 (twice a week)

Mon	Thurs
5:45pm	6:00pm

### HOMESCHOOL CLASSES

(Preschool/Level 1 = 55 minutes)

6 years and older. Entry level gymnastics! Gymnasts work to learn somersaults, handstands, cartwheels, etc.

Cost: **Preschool/Level 1** (\$105.00)

Homeschool Level 1	Homeschool Preschool
Monday 2:45pm	Friday 2:45

### GIRLS XCEL - Competitive Rec.

(115 minutes)

6 years and older. Students must have mastered all the basic skills in levels 1 and 2 before entering this class.

**By invitation only! For more information please inquire at front desk.**

Bronze level	Silver level	Gold level
4:30 – 6:00pm Monday & Wednesday	3:45 – 5:45pm Monday & Thursday	3:45 – 6:45pm Monday & Thursday
6:00 – 7:30pm Monday		

### BOYS GYMNASTICS/SPORTS DEV.

(Level 1 = 55 minutes) (Level 2 = 85 minutes)

6 years and older. This class uses gymnastics to develop strength, flexibility, coordination and athletic ability in boys. This class is a great addition to another sport or a way to get your child more physically active.

**Class ratio is 1 instructor for every 8 children.**

Cost: **Level 1** - \$155.00 (1X a week) \$255.00 (2X a week)

Wed (Level 1)	Wed (Level 2)
5:30pm	6:30pm

### BARs, FLEX AND STRENGTH

(40 minutes) \*Boys and Girls

6 years old and above. This class makes a great second class for those girls needing work on bars, flexibility and strength!

**Class ratio is 1 instructor for every 8 children.**

Cost: \$80.00 (as a 2<sup>nd</sup> class) \$120.00 (this class alone)

Mon
6:45pm