

2009 - 2010 Class Schedule

Red River Valley Gymnastics
1602 32nd Avenue South ~ Grand Forks, ND 58201
701-746-2797
www.rrvgc.wordpress.com

Please note: Once registered for a class, you are responsible for the monthly tuition. Tuition is due on the 1st of each month. A late fee of \$10 will be applied to the account if tuition is not paid by the 10th of each month. Withdrawal from class is permitted with submission a 2 week paid withdrawal notice. If a student joins after the month has started, the tuition will be pro-rated. All students/families must pay an annual membership fee for administrative and insurance purposes. A discount is applied if a student enrolls in multiple classes and discounts are also given for families with more than one child enrolled in class.

CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
GYMBUGS CHILD AND PARENT CLASSES								
<i>Parents accompany their children to classes. Have fun with your little one as they learn through exploration and moderately structured circuits.</i>								
ANTS	12 -18 Months	30 Min		6:00 PM				
BUMBLEBEES	18 Months - 2 1/2 Years	45 Min	4:30 PM	9:00 AM 5:00 PM	9:45 AM 5:30 PM	6:00 PM		9:00 AM
CATERPILLARS	2 1/2 - 3 1/2 Years	45 Min	5:30 PM	9:45 AM 6:30 PM	4:00 PM 6:30 PM	9:00 AM 5:00 PM		9:45 AM
GYMBUGS PRESCHOOL CLASSES								
<i>Children ages 3-6 learn the basics of gymnastics in a fun, kid-friendly environment created just for their size!</i>								
BUTTERFLIES <i>All NEW students 3 - 3 1/2 must attend a Caterpillars class before attending Butterflies</i>	3 - 4 Years	45 Min	5:00 PM 6:30 PM	9:00 AM 4:00 PM 5:30 PM	4:30 PM 6:00 PM	9:45 AM 4:30 PM 6:30 PM		10:15 AM
DRAGONFLIES	4 - 5 Years	45 Min	4:00 PM 6:00 PM	9:45 AM 4:30 PM	9:00 AM 5:00 PM	4:00 PM 5:30 PM		10:30 AM
LADYBUGS (GIRLS) <i>MainGym</i>	5 - 6 Years	60 Min	4:00 PM 6:00 PM	5:15 PM	4:00 PM 6:30 PM	5:15 PM		9:00 AM
GRASSHOPPERS (BOYS) <i>MainGym</i>	5 - 7 Years	60 Min			4:00 PM	5:15 PM		10:15 AM
RHYTHMIC CLASSES								
<i>For everyone who loves dance and gymnastics! Rhythmics combines gymnastics, dance, and rhythmic equipment like hoops, balls, and ribbons.</i>								
RHYTHMICS BUGS	3 - 5 Years	45 Min			4:00 PM			
PROGRESSIVE CLASSES								
<i>Ages 6+ of all abilities learn gymnastics skills on lots of different and fun equipment. We have a class for everyone in our progressive program!</i>								
GIRLS NOVICE 1	6 - 8 Years	60 Min	4:00 PM	6:30 PM	5:15 PM	5:15 PM		
GIRLS NOVICE 2**	6 - 8 Years	60 Min	5:15 PM	4:00 PM	6:30 PM	4:00 PM		9:00 AM
GIRLS NOVICE 9+	9 Years +	60 Min	6:30 PM					
GIRLS NOVICE STARS**	6 Years +	60 Min		4:00 PM		6:30 PM		
GIRLS INTERMEDIATE**	6 Years +	90 Min		4:30 PM				
GIRLS ADVANCED**	6 Years +	90 Min	4:30 PM					
BOYS NOVICE	7 Years +	60 Min	5:15 PM			4:00 PM		10:15 AM
TRAMP & TUMBLING 1 Boys and Girls	6 Years +	60 Min	4:00 PM	6:30 PM		6:30 PM		9:00 AM
TRAMP & TUMBLING 2** Boys and Girls	6 Years +	60 Min	5:15 PM	5:15 PM		4:00 PM		
TRAMP & TUMBLING 3** Boys and Girls	6 Years +	60 Min	6:30 PM		5:15 PM			
TRAMP & TUMBLING 4** Boys and Girls	6 Years +	90 Min				4:30 PM		
SOMETHING FOR EVERYONE								
DANCE Girls	6 Years +	60 Min			5:30 PM			
FITNESS Boys and Girls	6 Years +	60 Min			6:30 PM			
CHEER Girls	6 Years +	60 Min				6:30 PM		
PERFORMANCE TEAMS								
<i>Our Acro classes focus on tumbling skills that children put to use in performances around the Grand Forks area.</i>								
LIL' ACRO	3 - 4 Years	60 Min		5:30 PM	6:30 PM			
KINDER ACRO	5 - 6 Years	60 Min		6:30 PM	5:30 PM			
JR. ACRO	7 Years +	120 Min	6:00 PM					
OPEN GYM								
BUG TIME OPEN GYM <i>Ages: 12 Months to 5 Years Pay as you attend Members: \$3.00 Non-Members: \$4.00 Adult must accompany child</i>	1 - 6 Years	60 Min	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	11:30 PM
OPEN GYM <i>Ages: 6 Years and up Pay as you attend Members: \$5.00, Non-Members: \$6.00</i>	6 Years +	90 Min						12:30 PM

****By recommendation of instructor only**