

## 2010 - 2011 Class Schedule

Red River Valley Gymnastics  
1602 32nd Avenue South ~ Grand Forks, ND 58201  
701-746-2797  
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.  
Red River Valley Gymnastics reserves the right to close classes that are full or that have less than four gymnasts enrolled.

CLASS	AGE	LENGTH	PRICE	MON	TUES	WED	THURS	FRI	SAT
<b>GYMBUGS CHILD AND PARENT CLASSES</b>									
<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	\$27.30		6:00 PM				
BUMBLEBEES	18 Months - 2 1/2 Years	45 Min	\$31.62	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	\$31.62	5:30 PM	9:45 AM 6:30 PM	6:30 PM	9:00 AM 5:00 PM		9:45 AM
<b>GYMBUGS PRESCHOOL CLASSES</b>									
<i>Children ages 3-6 learn the basics of gymnastics in a fun, kid-friendly environment created just for their size!</i>									
BUTTERFLIES	3 Years	45 Min	\$31.62	5:00 PM 6:30 PM	9:00 AM 4:00 PM 5:30 PM	4:30 PM	9:45 AM 4:30 PM 6:30 PM		10:15 AM
DRAGONFLIES	4 Years	45 Min	\$31.62	4:00 PM 6:00 PM	9:45 AM 4:30 PM	9:00 AM	4:00 PM 5:30 PM		10:30 AM
LADYBUGS (GIRLS) <i>MainGym</i>	5 Years	60 Min	\$40.30	4:00 PM 6:30 PM	5:15 PM	4:00 PM 6:30 PM			9:00 AM
GRASSHOPPERS (BOYS) <i>MainGym</i>	5 - 7 Years	60 Min	\$40.30			4:00 PM	5:15 PM		10:15 AM
<b>RHYTHMIC CLASSES</b>									
<i>For everyone who loves dance and gymnastics! Rhythmic combines gymnastics, dance, and rhythmic equipment like hoops, balls, and ribbons.</i>									
RHYTHMICS BUGS	3 - 5 Years	45 Min	\$31.62	4:30 PM					
<b>PROGRESSIVE CLASSES</b>									
<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	\$40.30	4:00 PM	6:30 PM		5:15 PM		
GIRLS NOVICE 2**	6 - 8 Years	60 Min	\$40.30	5:15 PM	4:00 PM	6:30 PM			9:00 AM
GIRLS NOVICE 9+	9 Years +	60 Min	\$40.30	6:30 PM					
GIRLS NOVICE 9+ STARS**	9 Years +	60 Min	\$40.30			5:15 PM			
GIRLS NOVICE STARS**	6 Years +	60 Min	\$40.30		4:00 PM		6:30 PM		
GIRLS INTERMEDIATE / ADVANCED	6 Years +	90 Min	\$55.45		4:30 PM				
BOYS NOVICE	7 Years +	60 Min	\$40.30	5:15 PM			4:00 PM		10:15 AM
TRAMP & TUMBLING 1 Boys and Girls	6 Years +	60 Min	\$40.30	4:00 PM	5:15 PM		4:00 PM		9:00 AM
TRAMP & TUMBLING 2** Boys and Girls	6 Years +	60 Min	\$40.30	5:15 PM	6:30 PM				
TRAMP & TUMBLING 3** Boys and Girls	6 Years +	60 Min	\$40.30	6:30 PM		5:15 PM			
TRAMP & TUMBLING 4** Boys and Girls	6 Years +	90 Min	\$55.45				4:30 PM		
<b>SOMETHING FOR EVERYONE</b>									
CHEER Girls	6 Years +	60 Min					6:30 PM		
<b>PERFORMANCE TEAMS</b>									
<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	\$40.30		5:30 PM	6:30 PM			
KINDER ACRO	5 - 6 Years	60 Min	\$40.30		6:30 PM	5:30 PM			
JR. ACRO	7 Years +	120 Min	\$62.40	6:00 PM					
<b>OPEN GYM</b>									
BUG TIME OPEN GYM Ages: 12 Months to 5 Years <i>Pay as you attend</i> Members: \$3.00 Non-Members: \$4.00 Adult must accompany child	1 - 6 Years	60 Min	\$3/\$4	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	11:30 PM
OPEN GYM Ages: 6 Years and up <i>Pay as you attend</i> Members: \$5.00, Non-Members: \$6.00	6 Years +	90 Min	\$5/\$6						12:30 PM

**\*\*By recommendation of instructor only**