

# GYMSTREET USA

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## WELCOME TO ANOTHER GREAT YEAR OF GYMNASTICS, FUN, AND FITNESS

The Souza family along with the coaches and staff would like to welcome you to another exciting year. At the beginning of each Session **GymStreet USA** will provide the parents with an information sheet full of valuable information regarding the current session.

We strive to schedule your child in the class that will give them the best learning environment. We understand every child is unique and desires a different experience from gymnastics. Some children want exercise and/or social interaction, while others want a more competitive program. If you feel your child is not placed in the appropriate class, please come to us at any time with your feedback. Together we can make sure your child is getting the most out of their gymnastic experience ☺

SESSION ONE	September 7	to	November 8, 2018
SESSION TWO	November 9	to	January 24, 2019
SESSION THREE	January 25	to	April 4, 2019
SESSION FOUR	April 5	to	June 13, 2019
SUMMER	June 19	to	August 20, 2019

### GYMNASTICS

We would like to remind our members that gymnastics is learned through muscle memory; the constant repetition of basic skills such as handstands.

#### *Perfection before Progression!*

During each class the coach will focus on a **"skill of the week"** for each apparatus. Stations are set up so there is minimal down time; we want to make sure your children are active during the entire class.

In order for your child to not miss anything fun during class please have them use the restroom prior to the start of class.

### NO CLASSES

Thanksgiving Break

***NO Classes November 22-24, 2018***

Annual GymStreet USA Team Meet

***NO Classes Saturday, Dec 8, 2018***

Winter Break

***NO Classes Dec 24-28 – Dec 31-Jan 2, 2019***

***Class will be held on Saturday Dec 29***

February Vacation Week

***NO Classes Feb 18-23, 2019***

April Vacation Week

***NO Classes April 15-20, 2019***

Memorial Day – ***Rescheduled to June 17th***

***NO Classes - May 27***

July 4th

***NO Classes Thursday, July 4th 2019***

### TAEKWONDO

DragonHeart Taekwondo is taught by Master Hung, a 6<sup>th</sup> degree black belt! He has been practicing Taekwondo for more than 20 years!

FREE Gi upon  
Registration.  
Ages 4 to Adult



### ELEVATION AERIAL & CIRCUS ART CLASSES

Check out Miss Gina's schedule on-line or at the Front Desk she's added some new exciting classes for Kids and Adults beginners to advanced!

The Circus program ends with a circus show recital opportunity for all students in the spring.

### LEAGUE PROGRAM!

Our in-house League program was designed for any gymnast who would like a fun way to experience gymnastic competition without the expense and time commitment of a traditional gymnastic team. Competition Routines are learned on Bars, Beam, Floor and Vault to be performed during in-house games beginning in January.

A big congratulation to our 2018 first place league champions "The Tornados".

Visit [www.gymstreetleague.com](http://www.gymstreetleague.com) for more information.

## OPEN TUMBLE

Open Tumble is a walk-in instructional class (\$30)  
This class is a great opportunity to work new floor skills and improve old ones  
AGES 7 & Up

**Saturday's 12:00-1:30pm (Sept-June)**

## FITNESS PROGRAM

We have a fitness equipment available to you while your child is in class equipped with treadmills, weights, elliptical, thigh machine, and universal machine. \$5 per use or \$35 for the 9 week session.

## MOVIE NIGHT

5:30-9:00pm

Movie Night is a fun filled night for kids ages 4-11. Your child will enjoy 3 1/2 hours of gym games, inflatable time, and of course, a movie!

Pizza, Drink, and Popcorn are provided. Advanced registration is required



**Members pay \$27.00      Siblings pay \$22.00**  
**Non Members pay \$32.00**

Visit our website or Information Island for Movie Night dates and titles

*Registrations not made 24hrs in advance is an additional \$10 per child.*

## VACATION DAY PROGRAM

Our Summer vacation day program was a great success. The kids had so much fun, with theme days and activities to keep them entertained all day.

We offer our day programs throughout the year during school vacation weeks!

**Winter Break**                      **December 24, 26-28**  
**February Vacation Week**      **February 18-23, 2019**  
**April Vacation Week**            **April 15-20, 2019**  
**SUMMER Vacation**              **June 17-Aug 31<sup>st</sup>**

- Half, Full or Extended day available
- 7:30am-5:30pm, you choose your hours
- Ages 4 to 11

**Activities include** *Bounce house, gymnastic class, crafts, parachute, foam pit, tumble trak, obstacle course, games, dance party, Taekwondo Tuesday, sport games and much more.*

**Members receive 10% discount (deadline dates apply)**

## BIRTHDAY PARTIES

School is back and so are the busy schedules. So if you're planning a birthday party, why not let us take care of it...**GymStreet** style.

Each birthday party includes the following:

- ★ GymStreet party supervisor
- ★ Private party room
- ★ Viewing area for parents
- ★ Printable invitations with waiver
- ★ Plates, cups, napkins, utensils
- ★ GymStreet t-shirt for the birthday child

We take care of all the setup, serving, and clean-up  
All you need to bring is the cake, drinks, and guests, We'll do the rest!

Hurry and book your birthday party now! Remember current members of **GymStreet USA** receive a 10% discount off the price of the party.

## COMPETITIVE TEAM PROGRAM

**Pre-Team** This program is designed for gymnasts 4-6 who enjoy the sport of gymnastics and requires more of a challenge. Each child will enjoy the benefit of learning advanced skills required for future team progression.

**Junior Olympic Program** is designed for gymnasts with the talent and drive to progress as a competitive athlete. Gymnasts will go through a designed and structured progression intended to give each athlete the opportunity to reach the highest levels.

**XCEL** Less rigorous than the J.O. Program with a smaller weekly time and financial commitment, XCEL offers gymnasts the ability to train year 'round and participate in the world of competitive gymnastics while leaving time for other interests and activities. XCEL athletes are also well prepared to join their high school gymnastics teams.

## OPEN PLAY

**Is an opportunity for your child to slide, jump, roll, climb, and play in our bounce houses.**



**Wednesdays 11:00-12:30pm**  
**Fridays 4:00-5:30pm**

**Members \$10      Non Members \$12**

## ADULT FITNESS

GymStreet offers classes on Friday, Saturday, and Sunday mornings.

For the complete class description and payment options go to [gymstreetusa.com](http://gymstreetusa.com)

Walk-in's are welcome \$10 - Purchase of a class card includes use of the Fitness equipment.

## ADDITIONAL INFORMATION

**Information Island:** Find out about **GymStreet USA** and the programs we have to offer, as well as any special events.

**Member Discounts:** Your member fee is more than just a registration fee, it entitles you the following discounts:

- 10% off Birthday Parties
- 10% Off Vacation Fun Days (deadline dates apply)
- Save \$5.00 on Movie Night
- Save \$2.00 on Open Play