

A PLUS GYMNASTICS CENTER SESSION 4 & 5 '10

**CLASSES MAY BE ADDED
OR DELETED AS NEEDED**

E = Existing Class. Blank means we can start a class if we have a minimum of 2 students who would like that time slot.

PARENT TOT (ages 18 mos -2.5 boys and girls)

45 minute classes 6:1 Ratio

Monday	9:00 – 9:45 AM	(E)
Monday	10:00 – 10:45 AM	(E)
Monday	11:00 – 11:45 AM	
Monday	5:30-6:15 PM	(E)
Tuesday	9:00 – 9:45 AM	
Tuesday	10:00-10:45 AM	(E)
Tuesday	6:30 – 7:15 PM	(E)
Wednesday	11:00 – 11:45 AM	(E)
Wednesday	1:00 – 1:45 PM	
Wednesday	5:30-6:15 PM	(E)
Wednesday	7:30 – 8:15 PM	(E)
Thursday	12:00 – 12:45 PM	(E)
Friday	10:00 – 10:45 AM	(E)
Friday	1:00 – 1:45 PM	(E)
Saturday	10:00 – 10:45 AM	(E)

TINY TOTS (ages 2.5-3.5, boys and girls)

45 minute classes 6:1 Ratio

Monday	10:00 – 10:45 AM	(E)
Monday	11:00 – 11:45 AM	(E)
Monday	5:30 – 6:15 PM	(E)
Tuesday	9:00 – 9:45 AM	
Tuesday	12:00 – 12:45 PM	
Tuesday	5:30 – 6:15 PM	(E)
Wednesday	10:00 – 10:45 AM	(E)
Wednesday	5:30 – 6:15 PM	(E)
Wednesday	7:30 – 8:15 PM	(E)
Thursday	9:00 – 9:45 AM	(E)
Thursday	11:00 – 11:45 AM	
Thursday	1:00 – 1:45 PM	
Thursday	6:30 – 7:15 PM	(E)
Friday	11:00 – 11:45 AM	(E)
Friday	1:00 – 1:45 PM	(E)
Saturday	10:00 – 10:45 AM	(E)
Saturday	11:00 – 11:45 AM	(E)

HOT TOTS (ages 3.5-4.5, boys and girls) and/or

MIGHTY TOTS (ages 4.5-5.5, boys and girls)

55 minute classes 6:1 Ratio

Monday	10:00 – 10:55 AM	(E)
Monday	11:00 – 11:55 AM	(E)
Monday	12:00 – 12:55 PM	(E)
Monday	1:00 – 1:55 PM	(E)
Monday	3:30 – 4:30 PM	
Monday	4:30 – 5:25 PM	(E)
Monday	6:30 – 7:25 PM	(E)
Tuesday	10:00 – 10:55 AM	(E)
Tuesday	11:00 – 11:55 AM	(E)

HOT/MIGHTY TOTS (CONTINUED)

Tuesday	12:00 – 12:55 PM	(E)
Tuesday	1:00 – 1:55 PM	(E)
Tuesday	4:30 – 5:25 PM	(E)
Tuesday	5:30 – 6:25 PM	(E)
Tuesday	6:30 – 7:25 PM	(E)
Tuesday	7:30 – 8:25 PM	
Wednesday	9:00 – 9:55 AM	
Wednesday	10:00 – 10:55 AM	(E)
Wednesday	11:00 – 11:55 AM	
Wednesday	12:00 – 12:55 PM	(E)
Wednesday	6:30 – 7:25 PM	(E)
Wednesday	7:30 – 8:25 PM	(E)
Thursday	10:00 – 10:55 AM	(E)
Thursday	11:00 – 11:55 AM	
Thursday	12:00 – 12:55 PM	(E)
Thursday	1:00 – 1:55 PM	(E)
Thursday	4:30 – 5:25 PM	
Thursday	5:30 – 6:25 PM	(E)
Thursday	6:30 – 7:25 PM	(E)
Thursday	7:30 – 8:25 PM	
Friday	10:00 – 10:55 AM	(E)
Friday	11:00 – 11:55 AM	(E)
Friday	12:00 – 12:55 PM	(E)
Friday	1:00 – 1:55 PM	(E)
Saturday	9:00 – 9:55 AM	(E)
Saturday	10:00 – 10:55 AM	(E)

MINI-ROLLERS (usually ages 6 and under)

55 minute classes 6:1 Ratio

Monday	9:00 – 9:55 AM	
Monday	10:00 – 10:55 AM	(E)
Monday	11:00 – 11:55 AM	
Monday	12:00 – 12:55 PM	
Monday	1:00 – 1:55 AM	(E)
Tuesday	9:00 – 9:55 AM	(E)
Tuesday	11:00 – 11:55 AM	(E)
Tuesday	12:00 – 12:55 PM	(E)
Tuesday	1:00 – 1:55 PM	(E)
Wednesday	9:00 – 9:55 AM	
Wednesday	12:00 – 12:55 PM	(E)
Wednesday	1:00 – 1:55 PM	(E)
Thursday	9:00 – 9:55 AM	
Thursday	10:00 – 10:55 AM	(E)
Thursday	11:00 – 11:55 AM	
Thursday	1:00 – 1:55 PM	(E)
Friday	10:00 – 10:55 AM	(E)
Friday	1:00 – 1:55 PM	

ROLLERS (usually ages 5 and over)

60 minute classes 8:1 Ratio

Monday	3:30 – 4:30 PM	(E)
Monday	4:30 – 5:30 PM	(E)
Monday	5:30 – 6:30 PM	(E)
Tuesday	4:30 – 5:30 PM	(E)
Tuesday	5:30 – 6:30 PM	(E)

ROLLERS (continued)

Tuesday	6:30 – 7:30 PM	(E)
Tuesday	7:30 – 8:30 PM	
Wednesday	5:30 – 6:30 PM	(E)
Wednesday	6:30 – 7:30 PM	(E)
Wednesday	7:30 – 8:30 PM	(E)
Thursday	4:30 – 5:30 PM	(E)
Thursday	6:30 – 7:30 PM	(E)
Thursday	7:30 – 8:30 PM	
Saturday	9:00 – 10:00 AM	(E)
Saturday	11:00 – 12:00 PM	(E)

MINI-LEAPERS (usually ages 6 and under)

55 minute classes 6:1 Ratio

Monday	9:00 – 9:55 AM	
Monday	10:00 – 10:55 AM	(E)
Monday	11:00 – 11:55 AM	
Monday	12:00 – 12:55 PM	
Monday	1:00 – 1:55 PM	(E)
Tuesday	10:00 – 10:55 AM	
Tuesday	11:00 – 11:55 AM	
Tuesday	1:00 – 1:55 PM	(E)
Wednesday	11:00 – 11:55 AM	
Wednesday	1:00 – 1:55 PM	
Thursday	9:00 – 9:55 AM	
Thursday	10:00 – 10:55 AM	
Thursday	11:00 – 11:55 AM	(E)
Thursday	12:00 – 12:55 PM	
Thursday	1:00 – 1:55 PM	
Friday	10:00 – 10:55 AM	
Friday	12:00 – 12:55 PM	

LEAPERS (usually ages 5 and over)

60 minute classes 8:1 Ratio

Monday	3:30 – 4:30 PM	
Monday	4:30 – 5:30 PM	(E)
Monday	5:30 – 6:30 PM	(E)
Monday	6:30 – 7:30 PM	(E)
Tuesday	4:30 – 5:30 PM	(E)
Tuesday	5:00 – 6:00 PM	-DEAF-
Tuesday	5:30 – 6:30 PM	(E)
Tuesday	6:30 – 7:30 PM	(E)
Tuesday	7:30 – 8:30 PM	
Wednesday	4:30 – 5:30 PM	(E)
Wednesday	5:30 – 6:30 PM	(E)
Wednesday	6:30 – 7:30 PM	(E)
Wednesday	7:30 – 8:30 PM	(E)
Thursday	4:30 – 5:30 PM	(E)
Thursday	5:30 – 6:30 PM	(E)
Thursday	6:30 – 7:30 PM	(E)
Thursday	7:30 – 8:30 PM	
Saturday	9:00 – 10:00 AM	(E)
Saturday	11:00 – 12:00 PM	(E)

MINI-SWINGERS (usually ages 6 and under)

55 minute classes 6:1 Ratio

Monday	9:00 – 9:55 AM	
Tuesday	1:00 – 1:55 PM	(E)
Wednesday	11:00 – 11:55 AM	
Wednesday	1:00 – 1:55 PM	
Thursday	9:00 – 9:55 AM	
Thursday	12:00 – 12:55 PM	
Friday	1:00 – 1:55 PM	(E)

SWINGERS (usually ages 5 and over)

60 minute classes 8:1 Ratio

Monday	4:30 – 5:30 PM	
Monday	6:30 – 7:30 PM	(E)
Tuesday	4:30 – 5:30 PM	(E)
Tuesday	5:30 – 6:30 PM	(E)
Tuesday	7:30 – 8:30 PM	
Wednesday	4:30 – 5:30 PM	(E)
Wednesday	6:00 – 7:00 PM	(E)
Thursday	3:30 – 4:30 PM	
Thursday	5:30 – 6:30 PM	(E)
Thursday	7:30 – 8:30 PM	

GLIDER/FLIPPER/TWISTERS

90 minute classes 8:1 Ratio

Monday	4:00 – 5:30 PM	(E)
Thursday	4:00 – 5:30 PM	(E)

POWER 1 (Beginner Cheerleading Class)

55 minute classes 6:1 Ratio

Tuesday	11:00 – 11:55 AM	
Wednesday	1:00 – 1:55 PM	(E)
Thursday	9:00 – 9:55 AM	(E)
Thursday	4:30 – 5:25 PM	(E)

TUMBLING FOR CHEERLEADING

60 or 90 minute classes – 8:1 Ratio

Monday	5:30 – 6:30 PM	Beg/Int
Tuesday	6:30 – 7:30 PM	Beg/Int
Tuesday	7:30 – 8:30 PM	Int
Wednesday	4:30 – 5:30 PM	Beg
Wednesday	4:30 – 5:30 PM	Int
Wednesday	5:00 – 6:30 PM	Int/Adv
Thursday	4:30 – 6:00 PM	Int/Adv
Thursday	5:30 – 6:30 PM	Beg/Int
Thursday	6:00 – 7:30 PM	Advanced
Saturday	10:00 – 12:00 PM	Tumbling Clinic-2hrs
Saturday	11:00 – 12:00 PM	Tumbling Clinic-1hr

TUMBLING SKILLS NEEDED FOR EACH LEVEL:

Beginner – Never taken tumbling before, will start working on standing back handspring drills

Intermediate – Has standing back handspring, working on connecting round-off with backhandspring.

Advanced – Has round-off back handspring, working on adding tumbling skill to round-off backhandspring.

Clinic – For all levels. Groups are split by ability level.

MINI-BOYS (usually ages 6 and under)

	55 minute classes	6:1 Ratio
Monday	12:00 – 12:55 PM	
Monday	1:00 – 1:55 PM	(E)
Tuesday	9:00 – 9:55 AM	
Tuesday	1:00 – 1:55 PM	(E)
Wednesday	9:00 – 9:55 AM	
Thursday	10:00 – 10:55 AM	(E)
Thursday	11:00 – 11:55 AM	(E)
Thursday	12:00 – 12:55 PM	
Friday	11:00 – 11:55 AM	(E)
Friday	12:00 – 12:55 PM	(E)
Saturday	9:00 – 9:55 AM	(E)

BOYS BEGINNER and/or INTERMEDIATE (all ages)

	60 minute classes	6:1 Ratio
Monday	4:30 – 5:30 PM	(E)
Monday	5:30 – 6:30 PM	(E)
Tuesday	4:30 – 5:30 PM	(E)
Tuesday	7:30 – 8:30 PM	
Wednesday	5:30 – 6:30 PM	(E)
Wednesday	6:30 – 7:30 PM	(E)
Wednesday	7:30 – 8:30 PM	(E)
Thursday	5:30 – 6:30 PM	(E)
Thursday	6:30 – 7:30 PM	(E)

Fast Track (Roller or Mini-Roller & above)

One 90 minute training session per week plus free

60 or 90 minute class for \$110 per month.

Tuesday	9:30 – 11:00 AM
Tuesday	5:30 – 7:00 PM
Wednesday	5:30 – 7:00 PM
Thursday	4:00 – 5:30 PM
Thursday	5:30 – 7:00 PM

GIRLS PRETEAM

Invitation after Fast Track Qualification

\$140 per month, Two 3 hour practices per week.

Monday	5:00 – 8:00 PM
Friday	4:30 – 7:30 PM

BOYS PRETEAM

\$140 per month, Two 3 hour practices per week.

Wednesday	5:00 – 8:00 PM
Friday	4:30 – 7:30 PM

PARKOUR/FREE RUN (Ages 10 – adult)

Can register for 1, 2 or 4 hours per week

1 hour/week	\$91.00 (6wk)	\$106.00 (7wk)
2 hours/week	\$120.00 (6wk)	\$140.00 (7wk)
4 hours/week	\$180.00 (6wk)	\$210.00 (7wk)

Monday	6:00 – 7:00 PM	Beginner
Monday	7:00 – 9:00 PM	Advanced
Tuesday	6:00 – 8:00 PM	Intermediate
Thursday	6:00 – 7:00 PM	Beginner
Thursday	7:00 – 9:00 PM	Advanced

ADULT CLASS/REC TEAM (Ages 14 – adult)

Monday	6:30 – 8:30 PM
Tuesday	4:30 – 6:30 PM
Wednesday	6:00 – 7:30 PM
Thursday	12:00 – 2:00 PM
Friday	12:00 – 2:00 PM

Adults may sign up for a 60 or 90 minute class with the fees the same as our session classes, or we offer monthly rates as follows:

2 hours/week	\$110.00/month
4 hours/week	\$135.00/month
Up to 9.5 hours/week	\$145.00/month

SESSION DATES for 2009/2010 year

Session 1	Aug 17 – Sept 26	(6 weeks)
Session 2	Sept 28 – Nov 7	(6 weeks)
Session 3	Nov 9 – Dec 19	(6 weeks)
(No Classes Thanksgiving Break Nov 26 - 28)		
(No Classes Christmas Break Dec 21 – Jan 3)		
Winter Day Camp	Dec 21 – Dec 23	(NO CLASSES)
Winter Day Camp	Dec 28 – Dec 30	(NO CLASSES)
New Years Overnight	Dec 31 – Jan 1	
Session 4	Jan 4 – Feb 20	(7 weeks)
Session 5	Feb 22 – April 17	(7 weeks)
(No Classes Spring Break April 5-10, 2010)		
Spring Day Camp	April 5 – April 10	(NO CLASSES)
Session 6	April 19 – June 4	(7 weeks)
(Closed for Memorial Day, Monday, May 31st)		
Showcase of Stars	– June 4 & June 5 (Friday & Saturday)	
Session 7	June 7 – July 10	(5 weeks)
Session 8	July 12 – Aug 7	(4 weeks)

FEES (non-refundable): For 7 week session

45 Minute Class	\$96.00
55 Minute Class (Tots & Mini-classes)	\$106.00
60 Minute Class (8:1 ratio)	\$106.00
60 Minute Class (Boys 6:1 ratio)	\$113.00
90 Minute Class	\$154.00
2 hr Tumbling Clinic	\$184.00
(\$5.00 Multiple Student Discount for Families)	
(\$15.00 Multiple Class Discount for Individual Students)	

ANNUAL MEMBERSHIP FEES

A Plus membership fees will be due with your first session's registration fees. Membership fees are valid a year from the start date of the session you are registering for.

FAMILY	\$50.00
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PRIVATE LESSONS

Private lesson are available to any of our students. If you would like to schedule a session, please leave a note at the front desk and we will have the instructor of your choice contact you.

OPEN GYM INFO**EFFECTIVE AUGUST 17, 2009****Open Gym Schedule:**

Monday	2:00pm – 3:00pm	All Ages – Family Time
Tuesday	2:00pm – 3:00pm	All Ages – Family Time
Wednesday	2:00pm – 3:00pm	All Ages – Family Time
Thursday	2:00pm – 3:00pm	All Ages – Family Time
Friday	9:00am – 10:00am	Ages 6 & under
Friday	7:30pm – 8:30pm	All Ages – Family Time
Friday	8:30pm – 10:30pm	Ages 10 & up
Saturday	12:00pm – 2:00pm	Ages 6 & up
Saturday	2:00pm – 3:00pm	All Ages – Family Time

Open Gym is occasionally cancelled due to other scheduled events.

Open Gym Rules:

- 1) Open gym times start and end on the hour, not one hour from whenever you arrive. (Example: 1:00-2:00 or 2:00 to 3:00, not 1:15-2:15).
- 2) For safety reasons, PARENTS MUST STAY AND SUPERVISE CHILDREN DURING PRESCHOOL OPEN GYM TIME (ages 6 & under) and FAMILY OPEN GYM TIME (all ages). Parents are only charged to be on the floor if they choose to participate in open gym and are not just supervising.

Open Gym Cost:

\$3/hr Members
\$5/hr Non-members
\$2/hr Team Members & Community Card Holders
*Open Gym Punch Cards Available for Purchase!



www.aplusegymnastics.com

Class Schedule**Session 4 – 2010**

Jan 4, 2010 – Feb 20, 2010

(7 weeks)

Session 5 – 2010

Feb 22, 2010 – April 17, 2010

(7 weeks)

Hamilton County Sports Complex

9625 E 150th St

Suite 104

Noblesville, IN 46060

Email us at - customerservice@aplusegymnastics.com

317-773-7266

*****Valuable Information for Parents*****

If you are having trouble finding a time slot, please ask our front desk staff to leave a note for Wendy, Becca or Jenny explaining what level & time you are looking for. We can create a new class with at least 2 students of the same level or compatible levels (classes that can be combined).

New location is in the
Hamilton County Sports Complex
at the corner of North Pointe Blvd and
150th St. just east of St Rd 37