

# A PLUS GYMNASTICS CENTER 2011-2012

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

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

45 minute classes		6:1 Ratio	
Monday	9:00 – 9:45 AM		
Monday	10:00 – 10:45 AM	(E)	
Monday	1:00 – 1:45 PM		
Monday	6:30 – 7:15 PM		
Tuesday	10:00 – 10:45 AM	(E)	
Tuesday	11:00 – 11:45 AM		
Tuesday	12:00 – 12:45 PM	(E)	
Tuesday	1:00 – 1:45 PM		
Tuesday	4:30 – 5:15 PM		
Tuesday	5:30 – 6:15 PM		
Tuesday	6:30 – 7:15 PM	(E)	
Wednesday	9:00 – 9:45 AM		
Wednesday	10:00 – 10:45 AM		
Wednesday	11:00 – 11:45 AM		
Wednesday	5:30 – 6:15 PM	(E)	
Wednesday	6:30 – 7:15 PM	(E)	
Wednesday	7:30 – 8:15 PM		
Thursday	10:00 – 10:45 AM	(E)	
Thursday	11:00 – 11:45 AM	(E)	
Thursday	5:30 – 6:15 PM	(E)	
Friday	10:00 – 10:45 AM	(E)	
Friday	12:00 – 12:45 PM	(E)	
Saturday	9:00 – 9:45 AM	(E)	
Saturday	10:00 – 10:45 AM	(E)	
Saturday	11:00 – 11:45 AM		

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

## MINI-ROLLERS (usually ages 6 and under)

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

## MINI-ROLLERS (continued)

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

## ROLLERS (usually ages 5 and over)

60 minute classes		8:1 Ratio	
Monday	4:30 – 5:30 PM	(E)	
Monday	5:30 – 6:30 PM	(E)	
Monday	6:30 – 7:30 PM	(E)	
Monday	7:30 – 8:30 PM		
Tuesday	4:30 – 5:30 PM	(E)	
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		
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	10:00 – 11:00 AM	(E)	
Saturday	11:00 – 12:00 PM	(E)	

## MINI-LEAPERS (usually ages 6 and under)

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

## LEAPERS (usually ages 5 and over)

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

## LEAPERS (continued)

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	1:00 – 1:55 PM		
Tuesday	9:00 – 9:55 AM		
Wednesday	10:00 – 10:55 AM		
Thursday	1:00 – 1:55 PM		

## SWINGERS (usually ages 5 and over)

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

## GLIDER/FLIPPER/TWISTERS

90 minute classes		8:1 Ratio	
Monday	4:00 – 5:30 PM	(E)	

## POWER 1 (Beginner Cheerleading Class)

55 minute classes		6:1 Ratio	
Monday	9:00 – 9:55 AM		
Tuesday	1:00 – 1:55 PM		
Thursday	11:00 – 11:55 AM		
Thursday	4:30 – 5:25 PM	(E)	

## MINI-BOYS (usually ages 6 and under)

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

## BOYS BEGINNER and INTERMEDIATE (all ages)

60 minute classes		6:1 Ratio	
Monday	4:30 – 5:30 PM	(E)	Beg/Int
Monday	5:30 – 6:30 PM	(E)	Beg
Monday	7:30 – 8:30 PM		Beg/Int
Tuesday	4:30 – 5:30 PM	(E)	Beg
Tuesday	5:30 – 6:30 PM	(E)	Beg
Tuesday	7:30 – 8:30 PM		Beg/Int
Wednesday	6:30 – 7:30 PM	(E)	Beg/Int
Thursday	6:30 – 7:30 PM	(E)	Beg/Int
Thursday	7:30 – 8:30 PM	(E)	Beg/Int
Saturday	9:00 – 10:00 AM	(E)	Beg/Int

**ADULT CLASS/REC TEAM** (Ages 14 – adult)

Monday	6:30 – 8:30 PM
Tuesday	4:30 – 6:30 PM
Wednesday	6:30 – 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	\$115.00/month
4 hours/week	\$140.00/month
Up to 9 hours/week	\$150.00/month

**TUMBLING FOR CHEERLEADING**

60 or 90 minute classes – 8:1 Ratio

Monday	12:00 – 12:55 PM	Mini Tumb
Monday	5:30 – 6:30 PM	Beg/Int
Tuesday	6:30 – 7:30 PM	Beg/Int
Tuesday	6:30 – 8:00 PM	Int/Adv
Wednesday	11:00 – 11:55 AM	Mini Tumb
Wednesday	4:30 – 5:30 PM	Beg/Int
Wednesday	5:00 – 6:30 PM	Int/Adv
Thursday	9:00 – 9:55 AM	Mini Tumb
Thursday	4:30 – 6:00 PM	Int/Adv
Thursday	5:30 – 6:30 PM	Beg
Thursday	6:00 – 7:30 PM	Advanced
Thursday	7:30 – 8:30 PM	Beg/Int
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 back handspring.
- Advanced** – Has round-off back handspring, working on adding tumbling skill to round-off back handspring.
- Clinic** – For all levels. Groups are split by ability level.

**Tumbling & Trampoline**

One 60 minute training session per week plus free 60 or 90 minute class for \$115 per month.

Monday	7:00 – 8:00 PM	Ages 4-9
Wednesday	7:30 – 8:30 PM	Ages 7-12
Friday	1:00 – 2:00 PM	Ages 3-7
Friday	4:30 – 5:30 PM	Ages 10 & up

**Sparklers and Firecrackers** (ages 3-5)

An introductory pre-team class for tots  
By invitation only – \$69 per month

Monday	1:00-2:00 PM
Monday	5:30 – 6:30 PM
Tuesday	11:00 – 12:00 Noon
Tuesday	5:30 – 6:30 PM

**Girls Fast Track** (Roller or Mini-Roller & above)

One 90 minute training session per week plus free 60 or 90 minute class for \$115 per month.

Monday	5:30 – 7:00 PM
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**GIRLS PRE-TEAM** (See front desk for more details)

Must be evaluated prior to joining.

- Pre-team Bronze** 2 hrs per week  
Tuesday and Thursday 4:00 PM – 5:00 PM
- Pre-team Silver** 3 hours per week  
Monday 5:30 PM – 7:00 PM and  
Wednesday 4:00 PM – 5:30 PM
- Pre-team Gold** 4 hours per week  
Tuesday and Thursday 5:30PM – 7:30 PM

**BOYS FAST TRACK/PRE-TEAM/REC TEAM**

- (See front desk for more details)  
(non-refundable: price per month)
- |                             |       |
|-----------------------------|-------|
| Fast Track (2 ½ hours/week) | \$115 |
| Pre-team (6 hours/week)     | \$145 |
| Rec Team (3 hours/week)     | \$120 |
| Rec Team (6 hours/week)     | \$165 |

**INTRO2 SPORTS**(Ages 2 – 5; boys & girls)

55 minute class – 8:1 ratio

A great class to try out several new sports including basketball, soccer, football, gymnastics, baseball, and golf & dodgeball

Monday	11:00 – 11:55 AM
Monday	5:30 – 6:30 PM
Tuesday	10:00 – 11:00 AM
Tuesday	5:30 – 6:30 PM (E)

**INTRO2 BASKETBALL**(Ages 3 – 7; boys & girls)

Friday	11:00 – 11:30 AM
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**BASKETBALL SKILLS**(boys & girls)

\$95.00 per month

Sunday	4:00 – 5:00 PM	(Age 8 & under)
Sunday	5:00 – 6:00 PM	(Age 9 & over)
Monday	5:30 – 6:30 PM	(Age 8 & under)
Monday	6:30 – 7:30 PM	(Age 9 & over)

**SPECIAL DATES for Spring 2012**

No Classes April 2 – 7, 2012

-Join us for Spring Break Camp!

CLOSED Sunday April 8, 2012 – Easter Sunday

CLOSED Monday May 28, 2012 – Memorial Day

CLOSED Wednesday July 4, 2012 – Independence Day

**CLASS FEES (non-refundable): Monthly Billing**

30 Minute Class	\$45.00
45 Minute Class	\$63.00
55 Minute Class (Tots & Mini-classes)	\$69.00
60 Minute Class (8:1 ratio)	\$69.00
60 Minute Class (Boys 6:1 ratio)	\$74.00
90 Minute Class	\$99.00
2 hr Class or Clinic	\$115.00

(10% Multiple Student Discount for Families)

(25% Multiple Class Discount for Individual Students)

**PRIVATE LESSONS**

Private lessons 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 WORKOUT INFO****Effective August 22, 2011****A Plus Only Open Workout Schedule:**

Monday	2:00pm – 4:00pm	All Ages – Family Time
Tuesday	2:00pm – 4:00pm	All Ages – Family Time
Wednesday	2:00pm – 4:00pm	All Ages – Family Time
Thursday	2:00pm – 4:00pm	All Ages – Family Time
Friday	2:00pm – 4:00pm	All Ages – Family Time
Friday	9:00am – 10:00am	Preschool Age Time

Open Workout is occasionally cancelled due to other scheduled events.

**A Plus Only Open Workout Cost:**

- \$5/hr General Admission
  - \$2/hr Team Members & Community Card Holders
- \*Open Workout Punch Cards Available for Purchase!

**Complex Wide Open Workout**

Friday	7:30pm – 8:30pm	All Ages – Family Time
Friday	8:30pm – 11:30pm	Ages 10 & up
Saturday	12:00pm – 3:00pm	All Ages – Family Time

**Complex Wide Open Workout Cost:**

- \$8/hr General Admission
- \$4/hr Team Members & Community Card Holders

**Community Appreciation Day:**

Sunday (ALL Ages)	1:00pm – 4:00pm
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**Community Day– Cost for all indoor activities:**

- \$25/ Family (immediate family only)
- \$10/ Individual/Guest

\*Indoor activities include:

- A Plus Gymnastics Open Gym
- Party & Play Zone Open Play
- Indoor Basketball Court
- Batting Cages & Soccer Zone

**Open Workout 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 WORKOUT TIME (ages 6 & under) and FAMILY OPEN WORKOUT TIME (all ages). Parents are only charged to be on the floor if they choose to participate in open workout and are not just supervising.

**\*\*\*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 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).



## Winter Class Schedule 2011-2012

(Revised January 20, 2012)

Register &/or pay online at  
[www.aplusingymnastics.com](http://www.aplusingymnastics.com)

**Hamilton County Sports Complex**  
**9625 E 150<sup>th</sup> St**  
**Suite 104**  
**Noblesville, IN 46060**

Email us at - [customerservice@aplusingymnastics.com](mailto:customerservice@aplusingymnastics.com)

# 317-773-7266

Located in the  
**Hamilton County Sports Complex**  
at the corner of North Pointe Blvd and  
150<sup>th</sup> St, just east of St Rd 37