



Kids World Gymnastics runs a women's gymnastics and a coed trampoline & tumbling program for children 6 years and older. Our programs are based on the *USA Gymnastics* Junior Olympic Developmental Program and guidelines. Our main emphasis is on providing an environment that is *Happy • Healthy • Fun!* Because of our commitment to keep learning fun and safe we will make every effort to keep industry standard class ratios.

All of our classes last 1 ½ hours and meet once per week. Each week the classes take part in a 15 minute warm up/stretch period to improve flexibility and enhance general fitness levels. After the warm up period, children will receive instruction on 3 different events and class will close with a 15 minute conditioning period.

Our program is perfectly designed so that your child can develop strength, coordination, and balance that will be valuable in all physical activities. In addition to the physical benefits, our classes build self-confidence and give children an opportunity to experience gymnastics in a safe environment.

The *Gymnastics* classes include instruction on: vault, uneven bars, balance beam, tumbling/floor exercise and trampoline/tumble trak.

The *Trampoline and Tumbling* classes includes instruction on: tumbling, trampoline, double mini trampoline, mini trampoline and Tumble Trak.

ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CHECK WITH THE OFFICE TO SEE WHAT CLASSES ARE CURRENTLY AVAILABLE.

GYMNASTICS CLASS SCHEDULE

Monday	Thursday	Saturday
5:00-6:30 Level 1	5:00-6:30 Level 1	9:00-10:30 Level 1
6:15-7:45 Level 4	6:15-7:45 Level 2 & 3	10:30-12:00 Level 2 & 3

TRAMPOLINE & TUMBLING CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Saturday
7:30-9:00 Tumbling Only Level 1 & 2	5:00-6:30 Pre-Team Level 4	5:00-6:30 TNT Level 1	5:00-6:30 Tumbling Only Level 1 & 2	9:00-10:30 TNT Level 2 & 3
7:30-9:00 Tumbling Only Level 3 & 4	6:30-8:00 TNT Level 1	6:30-8:00 TNT Level 2 & 3	6:15-7:45 TNT Level 1	9:00-10:30 Tumbling Only Level 1 & 2
	6:30-8:00 TNT Level 2 & 3		6:15-7:45 TNT Level 2/3	9:00-10:30 Tumbling Only Level 3 & 4
			7:30-9:00 Adult Tumbling	10:30-12:00 TNT Level 2 & 3

SPECIAL OFFERINGS

OPEN GYM SCHEDULE

Tuesday	Thursday	Flipping Friday
3:30-5:00 All Ages*	8:00-9:30 6 & up	6:30-8:30 All Ages*
<p>*Children under 6 must have a parent/guardian 18 or older to supervise them. If the parent/guardian is participating they must sign a waiver and pay open gym fees. Open Gym is open to both members and non-members.</p>		9:00-10:30 Teen Night 12 & Over