



2017-18 SCHOOL YEAR CLASS SCHEDULE

September 5, 2017 - June 9, 2018

Class	Length, Monthly Tuition	Skills Learned	Monday	Tuesday	Wednesday	Thursday	Saturday
KINDERGYM PROGRAM; co-ed, promotion based on age							
Sparks Ages 1½ - 3½	40 minutes \$47	With parent; jumping on 2 feet, hang on bars, walk across beam, forward rolls	5:00 6:00	10:45* 4:00* 5:00	9:45* 5:00 10:45* 6:00	5:00 6:00	9:15 10:45
Flares Ages 3 - 4	45 minutes \$62	Hop on one foot, front support on bars, bear walk on beam, handstand against wall	5:15 6:15	5:15 6:15	5:15 6:15	5:15 6:15	9:30
Flames Ages 4 - 5	55 minutes \$68	Skipping, push-off pullover on bars, walk on high beam, mini-cartwheel, back rolls Flames STRONGMAN class is for boys only.	3:30* Strongman 5:15 6:15	5:15 6:15	1:30* Strongman 5:15 6:15	5:15 6:15	9:30
Flares & Flames Combined	55 minutes \$68	A combined class for quieter times in the gym. Students are challenged to their age.	4:15	9:30* 1:30* 10:30* 3:45*	9:30* 4:15 10:30*	4:15	10:30
GIRLS' GYMNASTICS; promotion based on skill mastery and age							
Beginner Ages 5 - 7	1 hour \$72	Hurdle straight jump on vault, pullover off a block, releve walk on beam, handstands	3:45* 6:45 4:45	4:00* 6:30 5:00	5:45 6:45	4:45 5:45	10:15
Class 1 & 2 Ages 6 - 8	1 hour 15 min. \$86	Kick to handstand tree-fall, pullover off the floor, mini-handstand on beam, cartwheels	4:00* 6:30 5:00 7:00 5:30	4:00* 5:30 5:00 6:30	4:00* 5:30 5:00 6:30	4:00* 5:30 5:00 6:30	9:00 10:30
Class 3 & 4 Ages 7 - 10	1 hour 30 min. \$99	Jump to handstand tree-fall, back hip circle, ¾ handstand on beam, round-offs	4:00* 7:00 5:30	4:00* 7:00 5:00	5:30 7:00	5:30 7:00 6:30	9:00 10:30
Novice 1 & 2 Ages 9 & up	1 hour 30 min. \$99	Dive rolls on vault, pull overs, back hip circles, mini-handstands, round offs.	6:30	5:00	4:00* 7:00	7:00	9:00
Advanced 3 & 4 Ages 9 & up	1 hour 30 min. \$99	Handstand tree fall, cartwheels on beam, round off back handspring in the resi pit.	5:00 7:00	7:00	4:00* 7:00	5:00 7:00	10:30
Altius In-House League	An in-house competitive league for girls in Class 3&4, and Novice thru Advanced. Gymnasts learn routines to perform at a series of in-house meets. Requires registration in both a regular skills class and the league practice night. Fee includes all practices & competitions, awards, leotard, and long sleeve t shirt. Visit altiusgym.com for more details.						Friday 4:15 - 5:45 or 5:30 - 7:00
BOYS' GYMNASTICS; promotion based on skill mastery							
Class 1 & 2 Ages 5½ - 7	1 hour 15 min. \$86	Hurdle straight jump, swinging on bars, Inverted hang on rings, rolls, handstands	6:30	4:00*	6:30	4:00*	9:00
Class 3 & 4 Ages 7 - 14	1 hour 30 min. \$99	Dive rolls, swing ½ turns, support hold on rings, mushroom circles, round-offs, BHS	5:00	5:30	5:00		
TUMBLING; no previous experience required							
Youth Tumbling Ages 6 - 10	1 hour \$72	Tumbling for cheer, dance, martial arts, and fun for students in elementary school.		7:00		7:00	
Junior Tumbling Ages 9 - 13	1 hour \$72	Round offs, walkovers, handsprings, and aerials for middle school students.	7:00			4:00*	
Senior Tumbling Ages 12 - 18	1 hour \$72	Round offs, standing and running back handsprings, back tucks and aerials.	4:00*	8:00* 15% OFF!	7:30		
EXPRESS GYMNASTICS; Co-ed, no previous experience required							
Express	1 hour \$43	A one hour "express" class covers Class 1-4 skills and incorporates strength, coordination, and ninja obstacle course training. Reduced tuition is based on three classes per month to accommodate busy schedules. Visit altiusgym.com for more details.		2:00 3:30	2:00 3:30	3:30	Friday 4:00 6:00

Take 15% OFF all weekday classes between 9:30 & 4:00

Altius reserves the right to cancel, change, or combine classes. We will contact you if this should arise and work with you to find another class for your child.

At Altius, our curriculum is designed to develop your child in three important areas. Once children gain a foundation of movement in gymnastics, they are well prepared to take on future challenges in sports and in life!

PHYSICAL Coordination, Strength, Balance, Flexibility, Poise, Agility

COGNITIVE Following directions, Concentration, Listening skills, Goal setting

SOCIAL & EMOTIONAL Fun, Making friends, Confidence, Accomplishment



IN-HOUSE LEAGUE

An in-house competitive gymnastics league for girls in Class 3&4, Novice 1&2, and Advanced 3&4. League gymnasts practice and learn routines to perform at a series of in-house meets. Requires registration in both a regular skills class and the league practice night. The league fee includes all practices and competitions, awards, an official competition leotard, and long sleeve t shirt.

Kindergym

Sparks: 1½ - 3½, with parent

Flares: ages 3 - 4

Flames: ages 4 - 5

Flares&Flames Combined: 3 - 6

Tumbling

Tumbling: ages 6 - 18

Progressive Gymnastics

Girls' Beginner

Girls Progressive Classes

Boys Progressive Classes

In-house League!

General Gymnastics

Homeschool Classes

Express Gymnastics

REGISTRATION INFORMATION

Enrolling In Class

Altius runs a continuous class schedule during the school year. Students may enroll at any time throughout the year in any class with openings. Registrations are accepted online, over the phone, or in person. Payment is required to reserve a spot in a class. Once enrolled, we assume your child will continue in class until June 2018.

Annual Membership

Our annual membership fee is \$30 per child, or \$45 per family and renews every September. The fee is pro-rated beginning in January.

Monthly Statements

Altius provides the convenience and affordability of monthly tuition. Tuition rates are based on 4 classes per month. Occasionally, there are 3 or 5 dates in a billing cycle and tuition amounts are adjusted proportionally. Statements are mailed or e-mailed on the 10th of each month, with tuition due by the 1st of the upcoming month.

Tuition Payment

Altius accepts cash, check, or credit/debit card (except AmEx) for tuition payment, due by the 1st of the month. Tuition can be paid online at any time by accessing our customer portal on altiusgymnastics.com.

Discounts

Siblings receive a 10% discount. Register for a second weekly class and receive a 20% discount off the lesser fee. Select classes denoted with an *, receive a 15% discount. Only valid on classes listed in the brochure.

Withdrawal

You may withdraw from the program for the upcoming month by notifying our office by the 20th of the current month. Re-enroll at anytime during the year in an open class.

Office Hours

School Year: Monday - Wednesday, 9:00am - 9:00pm; Thursday, noon - 9:00pm; Saturday, 9:00am - Noon. Summer: Monday - Thursday, 9:00am - 9:00pm.

SIGN UP ANYTIME!

Altius welcomes new students any time throughout



SPECIAL EVENTS

- Parents' Night Out
- GymACTION Day Camp
- Fun n' Fit Field Trips
- Birthday Parties
- Open Gyms

BIRTHDAY PARTIES

Our 90 minute parties feature exciting gym activities, including trampoline, obstacle course, & bucket rides, followed by time in our party room to eat cake & open presents. Book your party 6 - 8 weeks in advance for best choice of dates & times.

ALTIUS: FROM THE OLYMPIC MOTTO, MEANING "HIGHER"

414 - 421 - 1200

WWW.ALTIIUSGYMNASTICS.COM