

12 Week Sessions

FALL SESSION

Sept 7 - Dec 4th

- Dates closed -

Nov 24-28th

*Observation Nov 29-Dec 4th

WINTER SESSION

Dec 6- March 12th

- Dates closed -

Dec 23-Jan 2nd, Feb 21st

SPRING SESSION

March 14 - June 13th

- Dates closed -

Apr 22-28th, May 28-30th

*Observation May 16-21st

KEEP UP TO DATE WITH SCHEDULE CHANGES & NEW PROGRAMS

go to www.gu-nj.com, click on **Calendar**



Tuition Due dates for 2010 / 2011

Winter Session

Tuition due no later than November 15th.

Spring Session

Tuition due no later than February 22nd.

Summer Session

Enrollment starts February 1st.

Fall Session

Enrollment starts May 16th



Registration and insurance: \$35 per child per year, maximum \$55 per family.

Late Fees: Late payments over 15 days will be charged a \$15.00 fee.

Returned Checks: \$20 charge plus bank fees

Make ups: Will be offered whenever possible for missed classes if Gymnastics Unlimited is notified prior to the start of class. If available times are not convenient, Gymnastics Unlimited will not be obligated to provide alternate times. **Limit 2 make-ups per session.**

Deduct 10% for each additional family member.



Class Observation

Class Observation will be the first week in December and the third week in May. Parents may wait in the lobby at all other times. We encourage parents to inquire about progress or to stop by to see the "new skill" that has just been mastered. Parents will receive a written evaluation of their child's progress at mid-year and at the completion of the 10/11 season upon request.

Gymnastics Unlimited

2 Lilac Drive • Flemington, NJ 08822

tel: (908) 782•8887

fax: (908) 782•1846

www.gu-nj.com



A Safe, Fun Place to Learn



2010/2011 CLASS SCHEDULE

Welcome ☺ ☺ ☺

Gymnastics Unlimited offers gymnastics, tumbling, trampoline, cheerleading, USAG and JOGA teams for children 2-18 years. Our programs are specifically designed to meet the needs of children of all ages and skill levels. We believe every child deserves the opportunity to feel the empowerment of athletics. Gymnastics offers extreme physical challenges, which are a great foundation for every sport. Besides the physical attributes the sport provides, gymnastics is also highly beneficial for children's self-esteem, attitude and mental well being.

We provide a safe and kind training environment where the "child" comes first. We do not measure our success by the number of trophies on our shelves, but by the smiling faces that walk through our doors. We hope that some of the lessons learned from gymnastics; confidence, leadership, self-motivation, life long fitness knowledge and team work will translate into a strong foundation for future success.



Visit our website to read more information from owner Kathy McCormick, or better still visit us in person for a personalized tour.

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Mission Statement



Gymnastics Unlimited seeks to instill in every child a sense of self-awareness, confidence, discipline, self-respect, and respect for others that will extend to activities far beyond the gym. We believe that the values derived from meaningful physical activity, cooperation, and competition afford children an opportunity to grow and develop into healthy and happy individuals.



Course Descriptions Three 12 week sessions 2010-2011 Fall Winter Spring Session dates on reverse side



Terrific Twos \$220

A 45-minute class for children born between October 2007 – September 2008. This is a parent participation class where you and your child will work to develop balance, hand-eye coordination, kinesthetic awareness, and strength. All gymnastic equipment will be used in this course. Wed 9:30 • Thu: 10:30

Tots \$220

A 45-minute class designed for children born between October 2006 – September 2007. Emphasis will be on movement, with work on learning body parts, locomotor skills, basic exercises, and an introduction to gymnastics equipment. Included will be work with hoops, balls, and wands. Many theme lessons are included. Mon: 10:30; 1:00 • Tue: 10:30; 2:00 • Wed: 2:00 • Thu: 1:00; 4:00 • Sat: 9:30; 10:30

Pre-School \$220

A 45-minute class designed for children born between October 2005 – September 2006. An introduction to gymnastics, basic exercise, and body awareness in a recreation atmosphere. Locomotor skills are given strong attention at this level. Mon: 10:30; 2:00; 4:15 • Tue: 10:30; 1:00; 2:00 • Wed: 1:00 • Thu: 9:30; 1:00; 4:00; 5:00 • Sat: 9:30; 10:30



Kindergym \$220

A 45-minute class designed for children born between October 2004 – September 2005. An introduction to gymnastics, basic exercise, and body awareness in a recreation atmosphere. Locomotor skill are given strong attention at this level. Mon: 2:00; 4:15; 5:15 • Tue: 9:30; 1:00; 4:00; 5:00 • Wed: 2:00 • Thu: 9:30; 2:00; 5:00 • Fri 1:00; 2:00 • Sat: 9:30; 10:30

Lil' Flips Open Gym \$6

3rd Tuesday of each month. Class meets from 2:00-2:45. Extra practice time for enrolled students ages 3-6yrs. Sign up for as many or as few as you like.

Muscle Mania for Boys \$220

This 45-minute class will focus on strength and gymnastics

training for boys' ages 4-6 years. A good gymnastics foundation can prepare young boys for future success in any sport. Wed.: 2:00



Boys 1 Hour Lesson \$290

This class is intended to give these youngsters an introduction to the six men's Olympic events plus trampoline. Mon: 4:15 • Tue: 4:00 • Thu: 4:00; 5:00

Girls 1 Hour Lesson \$290

These beginner and intermediate children will receive a well-rounded gymnastics program including all the Olympic events plus the trampoline and rock wall. First grade and up. Mon: 4:15; 5:15; 6:15 • Tue: 4:00; 5:00 • Wed: 4:15 • Thu: 4:00; 5:00 • Sat: 9:30; 10:30; 11:30

Girls Twice a Week \$460

This is a one-hour, twice weekly class for talented gymnasts age 6 and up, who may someday be interested in team, or who may just want more intensive training. By recommendation only. Mon & Wed: 4:15 • Tue & Thu: 4:00 (6-8 years); 5:00 (9 years & up)

1 1/2 Hour Class \$375, take two for \$525

This class is for the more advanced gymnast, who is interested in gymnastic at the recreational level. Just the class for High School gymnasts staying in shape out of season. *7-10 years. • *Mon 4:15-5:45 • *Tue: 5:00 • Wed: 7:00-8:30 • Thu: 6:00 • Sat: 11:30 all ages

Tumbling for Cheerleaders \$290

Emphasis on the gymnastic skills necessary for today's top cheerleaders. Use our Tumbl-Trak; it saves your wrists and ankles from fatigue and speeds up learning. We offer special discounts for teams. Call to schedule. Mon – Fri: 3:00-4:00 for cheer squads • Mon: 5:15 • Tue: 4:00 • Wed: 7:30 • Sat: 9:30

Back Handspring Clinics \$18

Back Handspring Clinics will be offered Friday evenings from 6:15 - 7:00. Sign up for as many or as few as you like. Each lesson is \$18.00 and is offered to members only. There are no refunds, credits, or exchanges for any reason, so choose carefully. Not a member, don't worry, just pay your registration fee of \$35 which will get you into any of our programs for the next year.

Open Gym \$18

This Friday night program is for gymnasts or cheerleaders who would like to practice the skills they have learned in class. Members ages 7-17 are welcome from 7-9pm, Check the Google calendar on our website for meeting dates. Not a member, don't worry, just pay your registration fee of \$35 which will get you into any of our programs for the next year.

Pre-JOGA - Jersey Optional Gymnastics Assoc. \$525

This class is geared for students who are preparing for JOGA competitive team program. This class is by recommendation only. Tue & Thu: 5:00-6:30

JOGA - Jersey Optional Gymnastics Assoc. - See Packet

This class is for the gymnast who would like to compete but doesn't have the time to be on our USAG Team Program. Leotard and meet fee required. Times subject to change based on enrollment. Tue & Thu: 6:00-8:30



USAG – USA Gymnastic Teams - See Packet

USA Gymnastic teams are the premier team programs in the state – this program requires exceptional dedication, additional hours of training, and involvement from parents in meets and fundraising events. This program is by recommendation only and has teams from Mini squad to level 9.



Exhibition Team \$40 plus leotard fee

Any member of our program age 7 and up is welcome to join this performance squad. This team performs at schools, nursing homes, and malls. Open to all ability levels. Uniform required. Practices tend to be on Fridays, Saturdays as the schedule allows.

Private Lessons \$45

Private lessons are a great way to fine tune a new skills or get extra practice. Lessons are \$45.00 per half hour lesson and can be booked four at a time for greater savings. Call the gym for details: 908-782-8887. There are no refunds, credits, or exchanges for these lessons, so choose carefully. Must have current registration.

Lunch Bunch \$15/\$17

1st Tuesday of every Month. Class meets from 12:00-3:00pm. Bring your own lunch, we provide gymnastics and craft. \$15 members, \$17 non-member and same day registrations. Class is full at 15 students so sign up in advance. Must have a form on file. On-line registration OK. No refund for no shows, substitutions OK. Ages 3-6



Parents' Night Out \$20/\$22

Friday nights 6:00-9:00pm. Includes, Pizza, a short movie or video, gym time and a craft. Members \$20 non-members \$22 and same day registrations. Class is full at 15. No refund for no shows, substitutions OK. Must have form on file. On-line registration OK

TNT Tumbling & Tramp \$22

Monday 6:30-7:30pm Wednesday 6:00 - 7:00 pm. Tumbling is a skill that blends extremely well with martial arts. In this fun and structured class, students will learn step-by-step the basics of tumbling beginning with simple postures and rolls, and progressing to aerials, handstands, and flips. All this is taught with safe padding, equipment, and professional coaching.

Parties \$180

Hold your birthday party at the gym. One hour of gymnastics, rock wall, inflatable fun and games followed by 1/2 hour of refreshments and gifts. Our safety certified instructors keep your party safe and fun. Parents provide the food and paper products and GU does the clean up. Advanced notice required. Parties are geared for children ages 4-10 years. Parents, siblings, and children under 4 will not be admitted in the gym area. Children attending should wear comfortable stretch clothing and bare feet or socks (no tights please) \$180.00 up to 10 students; \$10.00 each additional child. Maximum 5 additional children.



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