



# Kidnastics Winter 2012

Featuring Miss Krista

**Tiny Tumblers**- (walkers-36 months) A 45 minute program geared towards teaching your child balance, coordination, strength and social skills, as well as, teaching the fundamentals of gymnastics. Mom and dad are involved in a fun filled experience with their future Olympian.

**Sportnastics** - (3 and 4 year olds) This 45 minute class will help your child improve their listening, social skills and comprehension through various activities which will help increase their confidence and coordination to play a variety of sports while getting the exercise they need.

**Kidnastics** - (3 and 4 year olds) A first step into separation where children will learn basic gymnastic technique through positive reinforcement with a goal of building self esteem and independence.

**Gymnastics I**- (5-7) An intensified 1 hour class where the activities will become increasingly more challenging. All children are taught at their own level and advance at their own pace.

**Gymnastics II**- (8 and up) More complex skills will be introduced in a fun non-competitive environment. Emphasis will be put on flexibility and coordination.

**Gymnastics Siblings**- (5 and up) A convenient beginner gymnastics class for the busy parent that has more than one child, relatively close in age, interested in the sport.

**Cheerleading**-(5 and up) Learn basic stunts, motions, and jumps as well as concentrating on basic to advanced tumbling skills needed to compete.

**Cheer/Gym**-(5 and up) A perfect blend of cheerleading and gymnastics. Emphasis will be on gymnastics techniques to help improve cheerleading skills.



# Winter 2012 Kidnastics Class Schedule

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Session Dates	01/03/12- 03/27/12 Tuesday	01/04/12- 03/28/12 Wednesday	01/05/12 03/29/12 Thursday	01/06/12 03/30/12 Friday
10:15-11:00 11:00-11:45 11:45-12:30 12:30-1:15 1:15-2:00 3:30-4:15 4:30-5:30 5:30-6:30 6:30-7:30	Kidnastics  Gymnastics Sib Gymnastics I Cheer	Sportnastics Kidnastics  Gymnastics1 (4-5pm)	Gymnastics I Gymnastics II	Tiny Tumblers    Cheer/Gym Gymnastics II Gym/Sib

**If you have a group of 5 or more children we will be glad to make a class not listed.**

**No classes February 21-24, 2012**

### Tuition Fee:

**45 min. classes:**

Tiny Tumblers, Kidnastics, Sportnastics, \$235

**1 hour classes:**

Gymnastics, Cheerleading, Cheer/Gym \$245

**Sorry, Tuition will NOT be adjusted for missed classes, please plan ahead to make-up.**

Tuition must be paid in full by the first day of class. When two siblings sign up and pay at the same time a 10% discount will be given for the lesser class.

All students must pay a non-refundable registration/insurance fee of \$15 per school year. **No refunds will be given after the first class.** We reserve the right to cancel, combine or reschedule classes. In the event of absences or class closures, students may make up their classes. Carry over classes from one session to another is not allowed. Please call 516-543-4345 to arrange make-up class. There will be a \$35 fee for all returned checks. All classes run **12** weeks. Please make sure children are appropriately dressed for class. For safety's sake please no jewelry.

Miss Krista and staff will also be doing gymnastic birthday parties. Book your date early so as not to be disappointed.