



2019 - 2020 School Year Schedule

*Schedule valid Monday, August 26 to Saturday, Nov 2, 2019

Class days/times are subject to cancellation due to low enrollment or gym availability changes. We will inform you as soon as possible if this happens.

CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
KINDER GYM - EARLY CHILDHOOD DEVELOPMENT PROGRAM								
Tiny Tots - Girls & Boys. Parent & Child Class	Walkers-2 yrs	30 min				9:30-10:00		8:30-9:00
Intro Kinder Gym - Girls & Boys. Parent and Child Class	2 - 3 Yrs	45 min	6:20-7:05	11:00-11:45 5:55-6:40	5:15-6:00	10:10-10:55	5:10-5:55	10:35-11:20
Pre-School Kinder Gym - Girls & Boys	3 - 4 Yrs	45 min	11:05-11:50 5:15-6:00	11:55-12:40 4:00-4:45 5:00-5:45 6:30-7:15	4:20-5:05 5:45-6:30 5:55-6:40	4:40-5:25 6:25-7:10 6:55-7:40	5:30-6:15	9:15-10:00 10:30-11:15 11:20-12:05
Intermediate Pre-School Kinder - Girls & Boys- Instructor approval	3 - 4 Yrs	60 min	12:00-1:00 6:10-7:10	5:15-6:15		5:35-6:35	6:05-7:05	9:20-10:20
Girls Kinder Gym	5 - 6 Yrs	60 min	5:10-6:10 6:25-7:25	4:10-5:10 5:20-6:20 6:25-7:25	4:45-5:45 6:10-7:10	5:00-6:00 5:15-6:15 6:45-7:45	6:25-7:25	10:10-11:10 11:25-12:25
Boys Kinder Gym	5 - 6 Yrs	60 min	5:15-6:15					9:30-10:30
Advanced Girls Kinder Gym - Instructor approval	5 - 6 Yrs	75 min	5:00-6:15	6:30-7:45	6:40-7:55	5:35-6:50		9:05-10:25
Future Explorers - INVITE ONLY - Athletes MUST enroll in this class + 1 Adv. Girls Kinder/Rec class per week. Future Explorer class day held in Big Gym.	5 - 7 Yrs	75 min			5:30-6:45			
GIRLS RECREATIONAL GYMNASTICS								
Introductory Girls Gymnastics	7 - 11 Yrs	90 min	4:45-6:15 5:00-6:30 6:40-8:10	5:00-6:30 6:40-8:10 6:55-8:25	5:15-6:45	4:15-5:45 6:10-7:40 6:40-8:10	6:25-7:55	9:00-10:30
Beginning Girls Gymnastics - Instructor approval	7 - 11 Yrs	90 min	5:15-6:45	5:15-6:45 6:25-7:55	5:00-6:30 6:55-8:25	5:00-6:30 6:55-8:25	6:55-8:25	10:40-12:10
Intermediate Girls Gymnastics - Instructor approval	7-11 Yrs	90 min	6:25-7:55	4:45-6:15	6:55-8:25	5:15-6:45	5:15-6:45	9:00-10:30
Advanced Girls Gymnastics - Instructor approval	7-11 Yrs	90 min	6:55-8:25			5:15-6:45		
Teen Gymnastics - Beginner	12 + Yrs	90 min		4:45-6:15				10:40-12:10
Advanced Plus - Instructor approval required.	9-17 Yrs	120 min		6:25-8:25				
* = combined skill level. Not appropriate for gymnasts new to the intermediate class level.								
BOYS RECREATIONAL GYMNASTICS								
Boys Gymnastics	7 & Up	90 min	6:25-7:55					10:40-12:10
Advanced Boys Gymnastics - Instructor approval	6 & Up	90 min				7:00-8:30		
SPECIAL NEEDS GYMNASTICS								
Special Needs Class (All Levels) - Contact the RCG Office for more info. Parent participation required as needed.	4-12 Yrs	45 min				4:00-4:45		
TUMBLING and ADDITIONAL CLASSES								
Tumbling (Beginning to Intermediate)	7-17 Yrs	60 min			6:50-7:50			12:15-1:15
Tumbling (Advanced) - Instructor approval required	7-17 Yrs	60 min		5:15-6:15				
Ninja-nastics (younger)	4-8 Yrs	45 min		4:15-5:00	4:15-5:00	4:05-4:50*	5:30-6:15*	12:15-1:00*
Ninja-nastics (older)	8-12 Yrs	45 min	4:05-4:50	7:00-7:45		4:05-4:50*	5:30-6:15*	12:15-1:00*
* = combined age groups - will be ages 4-12 yrs old together								
PRIVATE INSTRUCTION								
Private/Semi-Private Instruction	All Ages	30, 60, 90 min	Fees and times vary by instructor. Contact the RCG Office for more information.					
OPEN GYM TIMES								
Play & Learn: Kinder Open Gym \$8.00 - Play Card: 5 Visits - \$35.00	1 - 6 Yrs	60 min	Mondays 10:00-11:00 & Thursdays 11:00-12:00					
Family Open Gym \$10.00 - Play Card: 5 Visits - \$45.00	1-16 Yrs	90 min	Saturdays 1:30-3:00pm					
TUITION FEES - 10 weeks of classes*								
CLASS	COST PER SESSION		CLASS		COST PER SESSION			
30 Minute Gymnastics Class	\$115.00		120 Minute Class		\$232.50			
45 Minute Gymnastics Class	\$140.00		45 Minute Special Needs Class		\$165.00			
60 Minutes Gymnastics Class	\$160.00		60 Minute Tumbling Classes		\$125.00			
75 Minute Gymnastics Class	\$180.00		45 Minute Ninja-nastics Class		\$117.50			
90 Minute Gymnastics Class	\$190.00		75 minute Future Explorers (2x per week)		\$280.00			
*Membership required to sign up for classes and private lessons. \$55/individual child, \$80/family. Paid one time per year. Family & Multi-Class Discount: Full price for the most expensive class, 20% off for each additional class.								
2019-20 SCHOOL YEAR SESSIONS KEY DATES			EARLY FALL Aug 26- Nov 2, 2019	LATE FALL Nov 4-Jan 25, 2020	EARLY WINTER Jan 27-April 4, 2020	SPRING April 6-June 13, 2020	SUMMER (Session 1 & 2) June 15-Aug 21, 2020	
UPCOMING SESSION PRIORITY ENROLLMENT BEGINS FOR MEMBERS			Sep 30-Oct 5th	Dec. 9-14th	March 2-7th	May 11-16th	NOT APPLICABLE	
NEXT SESSION OPEN ENROLLMENT BEGINS			Oct 7th	Dec 15th	March 9th	May 18th	August 5th	
REPORT CARDS GO HOME			Oct 21-26th	Jan 13-18th	March 23-28th	May 31-Jun 6th	NOT APPLICABLE	
BRING A FRIEND WEEK (only certain sessions)			NOT APPLICABLE	Jan 20-25th	NOT APPLICABLE	June 8-13th	NOT APPLICABLE	
DATE NIGHTS								
For potty trained children ages 4-12 yrs. \$25/child (sibling discount available) covers gym time, games/activities AND a pizza dinner! 5:00-9:00pm on the following Saturday nights. Contact the office to enroll early - these WILL fi								
9/21 10/19 11/23 1/18 2/15 3/21 4/18 5/30								
Red Cedar Gymnastics								
4103 Grand Oak Drive, Ste B109, Lansing MI 48911 H: 517.347.3222 FX: 517.913.6054								
email: rcgoffice@redcedargymnastics.com ☺ web: www.redcedargymnastics.com								
RCG Office is Staffed: Monday-Thursday 11:00am-8:00pm, Fridays 4:30-8:00pm, Saturdays 9:00am-2:00pm								