

2020-2021 School Year Schedule

Classes begin October 5, 2020

Class days/times are subject to cancellation due to low enrollment or gym availability changes.

KINDER GYM - EARLY CHILDHOOD DEVELOPMENT PROGRAM								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Intro Kinder Gym Girls & Boys. Parent and Child Class	2 - 3 Yrs	45 min	5:45-6:30					11:15-12:00
Preschool Kinder Girls & Boys. All skill levels.	3 - 4 Yrs	45 min	6:45-7:30	9:30-10:15 4:15-5:00 6:15-7:00	5:45-6:30	10:30-11:15 4:45-5:30	4:45-5:30 5:45-6:30	9:15-10:00
Girls and Boys Kinder Girls & Boys. All skill levels.	5 - 6 Yrs	45 min	4:45-5:30	5:15-6:00	4:45-5:30 6:45-7:30	5:45-6:30 6:45-7:30	6:45-7:30	10:15-11:00

GIRLS RECREATIONAL GYMNASTICS								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Introductory Girls Gymnastics	7 - 11 Yrs	60 min	4:30-5:30	6:15-7:15	5:45-6:45 7:15-8:15	4:30-5:30	7:00-8:00	9:15-10:15
Beginning Girls Gymnastics Instructor approval needed	7 - 11 Yrs	60 min	5:45-6:45	5:00-6:00		5:45-6:45	4:30-5:30	10:30-11:30
Intermediate/Advanced Girls Gymnastics Instructor approval needed	7 - 11 Yrs	60 min	7:00-8:00		4:30-5:30		5:45-6:45	9:30-10:30

BOYS RECREATIONAL GYMNASTICS								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Boys & Advanced Boys Gymnastics	7 - 17 Yrs	60 min				7:00-8:00		

TUMBLING								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Tumbling (all levels)	7- 17 Yrs	60 min			7:00-8:00			10:45-11:45

TRY US FOR \$10!

Are you new to RCG and want to learn more about what we are all about? Call our office today to enroll in a trial class.
This offer is valid for new or returning members who have not been enrolled at RCG within the past year.

Pal Pod Classes **Contact our office for available times & pricing**

It is the class you expect with the participants you want! *One individual is responsible for organizing up to 6 participants, collecting tuition and reserving the pod. Prior to the first pod, each participants must complete an individual consent form. And, just like that - the class is yours for the day or the month!*

Play & Learn Walkers - age 6 \$10/Child Tuesdays 10:30-11:15am • Thursdays 9:30-10:15am

Play & Learn is explorative free play for a child and one special adult inside of our Kinder Gym. RCG instructors provide safe opportunities for learning throughout our Kinder Gym as well as support for the adult assistant guiding the child through activities. Adult assistants are responsible for insuring they and the child maintain 6' of distancing from other, unrelated participants. **LIMITED SPACES AVAILABLE - ADVANCED REGISTRATION REQUIRED - DROP-INS NOT PERMITTED**

- Space is limited to 8 children with a single adult assistant. Any additional adult spectators must view from the Parent Area in the Big Gym, space permitting
- Advanced registration is REQUIRED by 8 pm on Monday for Tuesday & 8 pm on Wednesday for Thursdays events
- There is a limit of 2 "Free Open Gym/Play & Learn" or Make Up Passes accepted at each Play & Learn
 - Cancellation must be received the day before the event to be eligible for account credit or refund.
- Our electronic health screen must be completed for every individual entering the building on the day of participation
 - Infants who must attend with their sibling must remain in a carseat or a body baby carrier at all times
 - Masks are required for adults & participants 5 & older.
 - Masks are encouraged, but not required, for participants 2 to 4.

Rock & Roll Assisted Workout Ages 7 - 16 \$12/Child Saturday, October 10 & 24 1:00-2:15pm

Rock & Roll is a structured open workout where the gymnast picks their training goals & activities in the gym. After warm ups, an RCG instructor provide guidance, instruction & safe opportunities for independent learning for up to 8 participants as they move as a unit through 4 rotations, utilizing all of RCG's equipment. All participants must be dropped off & picked up at our rear entrance. No spectators are allowed in the gym. **LIMITED SPACES AVAILABLE - ADVANCED REGISTRATION REQUIRED - DROP-INS NOT PERMITTED**

- Space is limited to 8 participants per group/24 participants per event. A minimum of 6 participants are required for Rock & Roll to operate
- Advanced registration is REQUIRED by 8 pm on Friday for Saturday event
- A limited number of "Free Open Gym/Play & Learn" or Make Up Passes will be accepted at each Rock & Roll. Ask Office for details.
 - Cancellation must be received before Friday to be eligible for account credit or refund
- Our electronic health screen must be completed for every participant on the day of the event
 - Masks are required for adults & participants 5 & older

TUITION FOR MONTHLY ENROLLMENT (prorated if started after start of month)	
CLASS	COST PER MONTH
All Classes	\$80.00
<ul style="list-style-type: none"> • Multiple Class and Sibling Discounts Applied At Enrollment • No Membership Fees Required • No make ups are available • Tuition must be paid in full prior to the start of classes/month 	
We assume your child's continued enrollment for the next month automatically however, if payment is NOT received by 20th of month, your child may lose their spot in the class for the next month.	



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RCG Office Hours: Monday-Friday 4:00pm-8:00pm, Saturdays 9:00am-12:00pm