



2020-2021 School Year Schedule

For classes November 30 through December 26, 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				6:00-6:45	11:15-12:00
Preschool Kinder Girls & Boys. All skill levels.	3 - 4 Yrs	45 min	6:45-7:30	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 10:45-11:30
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 6:10-6:55 6:45-7:30	5:45-6:30 6:45-7:30	6:45-7:30	9:45-10:30 10:15-11:00 11:45-12:30
Advanced Girls Kinder Girls. Instructor approval required. Held in Big Gym.	5 - 6 Yrs	60 min					5:45-6:45	

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	5:00-6:00 5:45-6:45	4:30-5:30 7:00-8:00	7:00-8:00	9:15-10:15
Beginning Girls Gymnastics Instructor approval needed	7 - 11 Yrs	60 min	5:45-6:45 6:15-7:15	5:00-6:00	6:15-7:15	5:45-6:45		10:30-11:30
Intermediate/Advanced Girls Gymnastics Instructor approval needed	7 - 11 Yrs	60 min	7:00-8:00	7:15-8:15	4:30-5:30			9:30-10:30

BOYS RECREATIONAL GYMNASTICS								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Boys & Advanced Boys Gymnastics	6 - 17 Yrs	60 min				7:00-8:00		

TUMBLING & NINJA-NASTICS								
CLASS	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Tumbling (all levels)	7-17 Yrs	60 min	5:00-6:00		7:00-8:00			10:45-11:45
Ninja-nastics	5-10 Yrs	45 min					4:45-5:30	12:00-12:45

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 participant must complete an individual consent form. Just like that - the class is yours for the day or the month!*

Celebration Gang **Ages 4 to 12 1 Hour Event Contact our office for available times & pricing**

Having a Birthday? Need a chance to hang out? Book a Celebration Gang! *Warm ups, games, obstacle courses & fun for up to 8 participants. Call for more information.*

Play & Learn **Walkers - age 6 \$10/Child 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*

- 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 the day before the events. Cancellation must be received the day before the event to be eligible for account credit or refund.
- There is a limit of 2 "Free Open Gym/Play & Learn" or Make Up Passes accepted at each Play & Learn
- 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 Open Workout **Ages 7 - 16 \$12/Child December 5th & 19th 1:00-2:15pm**

Rock & Roll is a structured workout where the gymnast picks training goals & activities. *After warm ups, RCG instructors provide guidance, instruction & safe opportunities for independent learning to groups of 8 or fewer participants as they move through 4 different rotation spaced throughout the gym. All participants must be dropped off & picked up through our rear entrance. No spectators are permitted in the gym. LIMITED SPACES AVAILABLE - ADVANCED REGISTRATION REQUIRED*

- Space is limited to 8 children per group. A minimum of 6 participants are required for Rock & Roll to operate
- Advanced registration is REQUIRED by 8 pm on the day before the event. Cancellation must be received before Friday to be eligible for account credit or refund.
- There is a limit on the number of "Free Open Gym/Play & Learn" or Make Up Passes accepted at each Rock & Roll
- 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

- Multiple Class and Sibling Discounts Available. 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.

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