

Girls Competitive Team Gymnastics Summer 2008



ABK's COMPETITIVE GYMNASTICS

ABK's Sports Center offers the best quality training for the competitive gymnast in a healthy and fun environment. Our gymnastics area has in-ground foam pits, trampolines, and top quality gymnastic equipment offering our athletes the very best for their training. ABK is a full sports center giving our athletes the unique opportunity to train with our indoor pool and fully equipped cardio/weight room. Positive reinforcement from our knowledgeable and capable coaches make the ABK experience a special one. A healthy approach to competition teaches our young athletes life lessons through their sports.

How do I start ?

Competitive Team is a small group and has limited space. Interested athletes are welcome to make arrangements through the front desk for an evaluation. Athletes that are already competitive within the USAG (United State of America Gymnastics) can come in for a trial workout with the team.

Trial Workout

Free!

* Try it out!

* No obligation !

Call Today ! 245-0432

Pre Team (ages 6+) \$110.00/month

These athletes are getting ready to move up to the competitive team. They work on the specialized skills that are going to help them prepare for team and the competitions.

- **Tuesday 3:30-5:30 PM**
- **Thursday 3:30-5:30 PM**

Level 4 (ages 6+) \$135.00/month

This is the first level the children get to participate in competitions.

- **Mon/Wed 9:00AM-12:30 PM**

Level 5 (ages 6+) \$170.00/month

These are the middle levels of competitive gymnastics. The routines and skills are challenging and fun.

- **Mon/Wed/Thurs 9:00AM-12:30PM**

Level 6/7 (ages 6+) \$205.00/month

These are the middle/high levels of competitive gymnastics. The routines and skills are challenging and fun.

- **Mon/Wed/Thurs 9:00AM-1:00PM**

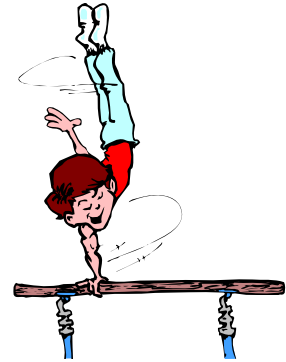
REGISTRATION FEES

Individual Membership \$50.00 /year

Family Membership \$100.00/year

Registration fee valid for all programs and members receive discounts on Special Events, Parent's Night Out, and Camps.

Boys Competitive Team Gymnastics Summer 2008



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7 Hours per week package (ages 6+)

\$120.00/month

This is the first level the children get to participate in competitions.

- **Tues/Thurs** **9:00am-12:30pm**

10 Hours per week package (ages 6+)

\$170.00/month

These are the middle levels of competitive gymnastics. The routines and skills are challenging and fun.

- **Tues/Thurs/Friday** **9:00am-12:30pm**

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