



# Gymnastics

## ABK's Preschool

### Gymnastics

#### Tumble Weeds (Walking-3 years)

This is our parent/child class designed for the young toddler. We provide a stimulating environment with activities including creative play, movement and music on a variety of colorful equipment. We explore and have fun with colors, numbers, and shapes. These youngsters gain independence, and develop listening skills.

#### Tumble Tots (3-4)

This is the first class where these young preschoolers participate in a class without a parent. Students will begin to follow directions, stay with the group and learn basic gymnastics skills in a fun, non-threatening environment.

#### Gym Kids (4-5)

These preschoolers will learn rolls, cartwheels, spider walks and other fun skills. They will learn to follow a circuit and move independently from station to station.

#### Skilled Open Gym

Ages 1-18yrs

(Children under 4yrs need adult supervision)

\$6.00 Member - \$10.00 Non Member

Friday 7:00- 8:00

Preschool Age Only (1-5yrs) Open Gym

\$4 Member - \$6 Non Member

Thursday 12:00- 1:00

## ABK's Recreational

### Gymnastics

Gymnastics can be considered one of the foundation sports for all other sports. At ABK Sports Center, we offer the best quality gymnastics training for all children. Whether your child is a beginner or an advanced acrobat, ABK has something for everyone.

ABK uses skill level cards to track the students success and encourage young athletes. Colored wrist bands identify the levels of the gymnasts, and a certificate of accomplishment is given each time a level is successfully completed. Our educated and energetic staff combined with the latest training equipment makes ABK the ultimate place to be for gymnastics training.

#### Girls Recreational Gymnastics

Beginning-Advanced gymnastics skills will be taught on floor, bars, beam, vault, and trampoline. Girls age 6 & older will be able to master their skills in a fun non-competitive atmosphere. These classes are perfect for all young ladies. Whether they want to expand their gymnastics skills, become part of the competitive team or be a member of the ABK Acro Demo Team.

#### Boys Recreational Gymnastics

Beginning-Advanced gymnastics skills will be taught on floor, parallel bars, high bar, rings, pommel horse, and trampoline. Boys age 6 & older will be able to master their skills, and gain self confidence with increased strength and physical coordination.

#### Power Tumbling

Power Tumbling is an exciting class designed to focus on developing tumbling skills. Through the use of trampolines, spring floors, and other equipment all levels of tumblers will have fun and reach their goals. This class is great for cheerleaders, martial artists and other extreme sport athletes.

## TRIAL CLASS

# Free!

\* Try it Out! \* No Obligation!

**Call Today! (541) 245-0432**

**All Recreational 1 hour classes**  
**ULTIMATE: 3x/week \$105.00/mo**

**QUICKSTART: 2x/week \$80.00/mo**

**BASIC: 1x/week \$45.00/mo**

**TUMBLE WEED CLASSES**

**Parent/Tot**

**Boys/Girls (1 to 3 1/2 yrs) \$32.00/month**  
 45 minute class once weekly

Monday 10:30  
 Tuesday 9:45 6:00  
 Wednesday 10:00 10:45  
 Thursday  
 Friday 9:45 4:00  
 Saturday 11:15

additional tumble weed class \$20/month

**TUMBLE TOT CLASSES**

**Boys/Girls (3-4 yrs) \$37.00/month**  
 45 minute class once weekly

Monday 9:00 5:30  
 Tuesday 12:00 4:30  
 Wednesday 9:15 10:00 10:45  
 Thursday 9:45 11:15 4:30 6:00 6:45  
 Friday 10:30 4:45 5:30  
 Saturday 9:00 10:30

additional tumble tot class \$25/month

**GYM KID CLASSES**

**Boys/Girls (4-5 yrs) \$37.00/month**  
 45 minute class once weekly

Monday 9:45 4:00 4:45 6:15  
 Tuesday 10:30 11:15 5:15  
 Wednesday 9:15  
 Thursday 10:30 5:15  
 Friday 11:15 12:00 12:45 6:15  
 Saturday 9:45

additional tumble tot class \$25/month

**MIGHTY MITES CLASSES**

**Girls (4-5 yrs) \$45.00/month**  
 1 Hour class once weekly

\* Thursday 3:30  
 \* Friday 3:00

**GIRLS RECREATIONAL CLASSES**

**Beginning Level Recreational Girls Gym**

**Girls White/Orange (age 5 1/2 +) \$45.00/month**

Monday 3:30 5:30  
 Tuesday 3:30 4:30  
 Wednesday 3:30  
 Thursday 5:30  
 Friday  
 Saturday 10:00 11:00

**Intermediate Level Recreational Girls Gym**

**Girls Blue/Purple/Green (age 5 1/2+) \$45.00/month**

Monday 3:30 4:30  
 Tuesday 5:30  
 Wednesday 4:30 5:30  
 Thursday 3:30 6:30  
 Friday 4:00 6:00  
 Saturday 9:00 10:00

**Advanced Level Recreational Girls Gym**

**Girls Green/Red/Black (age 5 1/2+) \$75.00/month**  
**2 days a week \$110.00/month**

\*Monday 5:30  
 \*Wednesday 5:30

**BOYS RECREATIONAL CLASSES**

**Beginning Level Recreational Boys Gym**

**Boys White/Orange (age 5 1/2+) \$45.00/month**  
 1 Hour Class once weekly

Boys 1-2 Wednesday 4:30  
 Boys 1-2 Thursday 4:30 5:30  
 Boys 1-2 Friday 5:00  
 Boys 3-5 Monday 4:30  
 Boys 3-5 Thursday 4:30  
 Boys 3-5 Friday 5:00

**POWER TUMBLING CLASSES**

**Beginning/Intermediate/Advanced**  
**Boys/Girls (age 6+) \$45.00/month**

1 Hour Class once weekly

Monday 6:30  
 \* Tuesday 6:30  
 Wednesday 6:30  
 \* Thursday 7:30

*\* must have instructor approval to participate in class*

**REGISTRATION FEES**

Individual Membership \$30.00 /year Family Membership \$60.00/year

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

**(541) 245-0432**