

Gymini Crickets (Ages 1 ½ - 3)

Monthly Fee: \$25 Gymnastics Late Fee: \$10

In this beginner gymnastics class, students will learn to stay in a group, listen, and participate in class. This is a combination of instruction and free play. ADULT PARTICIPATION REQUIRED.

Tuesday	9:15 to 9:45am
Saturday	9:15 to 9:45am

Tumble Bears (Ages 3 - 4)

Monthly Fee: \$35 Gymnastics Late Fee: \$10

In this beginner gymnastics class students will learn basic gymnastics on floor, beams, bars, and trampoline. It is a high energy class that mixes instruction and free play, and no prior experience is required. ADULT PARTICIPATION REQUIRED.

Tuesday	10 to 10:45am
Friday	10:30 to 11:15am
Saturday	10 to 10:45am

Tiny Tumblers 1 (Ages 4-5)

Monthly fee: \$45 Gymnastics late fee: \$10

In this beginner gymnastics class, students will learn basic gymnastics on floor, beam, bars, vault, and trampoline. They will learn how to listen and follow instruction. This is a high energy class that mixes free play and instruction. ADULT SUPERVISION IS REQUIRED.

Monday	4:45 to 5:45pm
Tuesday	10 to 11am
Friday	10:30 to 11:30am
Saturday	11 to 12pm

Tiny Tumblers 2 (Ages 4-5)

Monthly fee: \$45 Gymnastics late fee: \$10

This class is for students who have completed Tiny Tumblers 1. They must be able to execute a forward and backward roll, a donkey kick, bridge and a cartwheel before entering this class. ADULT SUPERVISION IS REQUIRED.

Saturday	12 to 1pm
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Cartwheel Kids 1 (Ages 6-8)

Monthly fee: \$60 Gymnastics late fee: \$10

This is a beginner gymnastics class. Students will learn basic gymnastics skills on floor, beams, bars, vault, and trampoline. They will learn how to follow instruction and have fun in an exciting environment. NO PRIOR EXPERIENCE NECESSARY.

Monday	5:45 to 7pm
Wednesday	4:30 to 5:45pm
Saturday	12 to 1:15pm

Cartwheel Kids 2 (Ages 6-8)

Monthly fee: \$60 Gymnastics late fee: \$10

This class is for students who have completed JJ/CK 1. Students must be able to execute a forward roll, backward roll, handstand, bridge, and cartwheel before entering this class.

Monday	4:30 to 5:45pm
Wednesday	5:45 to 7pm

Super Splits (Ages 9+)

Monthly fee: \$70 Gymnastics late fee: \$10

This is a beginner gymnastics class. Students will learn basic gymnastics skills on floor, beams, bars, vault, and trampoline. NO PRIOR EXPERIENCE NECESSARY.

Monday	5:45 to 7:15pm
Thursday	4:30 to 6pm

Boys Gymnastics (Ages 6+)

Monthly fee: \$60 Gymnastics late fee: \$10

This class is designed to help boys develop flexibility, endurance, strength, and skills acquisition using all forms of gymnastics apparatus. BOYS ONLY!!!!!!

Wednesday	5:30 to 6:45pm
Thursday	5 to 6:15pm

Firecrackers (Ages 4-5)

Monthly fee: \$60 Gymnastics late fee: \$10

Instructors will evaluate your child to determine if they have the proper skills to enroll in this class. Members of this show team will be required to purchase a team leotard.

Monday 4:30 to 5:45pm
Tuesday 11 to 12:15pm (starting September)

Dynamos (Ages 5–8)

Monthly fee: \$70/1 day \$130/2 days

Gymnastics late fee: \$10

Instructors will evaluate your child to determine if they have the proper skills to enroll in this class. Members of this show team will be required to purchase a team leotard.

Tuesday 4:30 to 6pm
Thursday 4:30 to 6pm

Junior Explosion (Ages 8–10)

Monthly fee: \$70/1 day \$130/2 days

Gymnastics late fee: \$10

Instructors will evaluate your child to determine if they have the proper skills to enroll in this class. Members of this show team will be required to purchase a team leotard.

Tuesday 4:30 to 6pm
Thursday 4:30 to 6pm

Senior Explosion (Ages 10–12)

Monthly fee: \$70/1 day \$130/2 days

Gymnastics late fee: \$10

Instructors will evaluate your child to determine if they have the proper skills to enroll in this class. Members of this show team will be required to purchase a team leotard.

Tuesday 5:45 to 7:15pm
Thursday 5:45 to 7:15pm

Ultimate Explosion (Ages 12+)

Monthly fee: \$70/1 day \$130/2 days

Gymnastics late fee: \$10

Instructors will evaluate your child to determine if they have the proper skills to enroll in this class. Members of this show team will be required to purchase a team leotard.

Tuesday 5:45 to 7:15pm
Thursday 5:45 to 7:15pm

Adult Gymnastics (18+)

You must pre-register

Monthly fee: \$20 Late fee: \$10

This class is designed for adults who are interested in learning gymnastics skills. We will use this one hour to get you in to shape using all the gymnastics apparatus. All skill levels are welcome. This is a fun filled environment to get a workout in.

Tuesday 12 to 1pm

Tumbling for Tots (Ages 3 – 5)

Monthly fee: \$35 Gymnastics late fee: \$10

This class is for little athletes who want to practice only tumbling skills. In this class students will learn anywhere from a handstand to a back handspring.

Monday 5:45 to 6:30pm

Handspring and Tucks (Ages 6+)

Monthly fee: \$45 Gymnastics late fee: \$10

This class is designed for students to learn and advance their tumbling skills. SKILL REQUIRED: HANDSTAND, BRIDGE, CARTWHEEL, ROUNDOFF

Monday 7 to 8pm
Wednesday 7 to 8pm
Thursday 3:30 to 4:30pm

Cheer Tumbling & Stunting

Monthly Fee: \$45 Gymnastics Late Fee: \$10

This class is designed for cheerleaders who want to improve stunting, tumbling, and jump skills. Students will be conditioned and drilled on cheerleading skills. Sneakers are required

Tuesday 5 to 6pm

Homeschool (6+)

Monthly fee: \$30 Gymnastics late fee: \$10

This class is a gymnastics class for homeschooled children only. It is a great way to earn your P.E. credits.

Thursday 12 to 1pm

Trampoline for Tots (Ages 3-5)

Monthly fee: \$35 Gymnastics late fee: \$10

Students will have the exciting opportunity to learn a variety of basic skills on the trampoline, double mini trampoline, and mini trampoline. Students will also be taught proper trampoline safety. ADULT SUPERVISION IS REQUIRED.

Monday 12:15 to 1pm

Trampoline 1 (Ages 6+)

Monthly fee: \$45 Gymnastics late fee: \$10

This is a beginner class for anyone interested in trampoline. Students will learn control and safety on the trampolines along with jumps and bed tricks.

Monday 6 to 7pm

Trampoline 2 (Ages 6+)

Monthly fee: \$45 Gymnastics late fee: \$10

This is an intermediate trampoline class where students will start to learn flips and tricks with higher difficulty. Students must complete trampoline 1 and be moved up by an instructor.

Wednesday 6:45 to 7:45pm

PLEASE NOTE:

THERE ARE NO CLASSES OR OPEN GYMS ON:

September 5: Labor Day

October 15: Apple Harvest Parade

October 31st: Halloween

November 1st or 2nd: Annual Show

November 21-28: Thanksgiving Break

December 23 – January 2: Christmas and New years

*PARENTS NOT PERMITTED IN THE GYM. (TODDLER CLASSES EXCLUDED)

*Please see store for details about Trampoline and Tumbling Competition Team and Dance!

Class space is limited. Payments will be received at the Parks & Recreation office or you may now register on line at :

mbcparks-rec.org

ANY PAYMENTS RECEIVED, IN THE OFFICE, AFTER 6PM ON THE LAST BUSINESS DAY OF THE MONTH WILL BE CHARGED A \$10 LATE FEE. PAYMENTS RECEIVED ON LINE AFTER 12PM MIDNIGHT ON THE LAST DAY OF THE MONTH WILL BE CHARGED A \$10 LATE FEE.

Refund Policy: We only issue refunds if doctors note is presented for injury or illness. If we cancel a class, a choice of a refund is given.

Makeup Policy: Students who miss a class are eligible for ONE FREE HOUR OPEN GYM pass per month for each class they are enrolled or you may sign up for ONE make-up class. All make-up classes are pending availability. You must sign up for the make up class in advance at the Gymnastics Store/Office.

Store/Office Hours:

Monday – Thursday 10-6:30

Friday 10 – 12pm

OFFICE HOURS ARE SUBJECT TO CHANGE!!

PLEASE SEE GYMNASTICS STORE FOR INFORMATION ON OPEN GYMS AND BIRTHDAY PARTIES!!

For more info call 304-264-4842 ext. 13 or email:

flipover@mbcparks-rec.org

Berkeley 2000 Recreation Center
273 Woodbury Ave, Martinsburg WV, 25404
(located between Lambert Pool and North Middle School)