



## Fusion Gymnastics offers

- Preschool Gymnastics •
- School-Age Gymnastics •
- USAG & USAIGC Competitive Teams •
- Tumbling and Tramp Classes & Team •
- Birthday Parties • Gym Rentals •
- Open Gym • Martial Arts

Pro Shop •

Session I Wednesday September 2—Tuesday October 27  
 Session II Wednesday October 28—Tuesday December 22  
 Session III Saturday January 2—Friday February 26  
 Session IV Saturday February 27—April 22  
 Session V Saturday April 23—Friday June 17  
 Flex Session Monday June 20—Friday Aug 19

Closed Sept 7, Nov 26-28, December 24-January 1, 2016

### Special events in 2016

Holiday Camps (Must Sign up in advance)  
 November 27 9:00—12:30 (PS & SA Camp) \$50  
 December 29-31 9:00-12:30 (PS & SA Camp) \$99  
 December 29-31 1:00-3:00 (Tumbling Clinic) \$140  
 Fun for the kids, free time for the adults! Campers will have structured gym time, games, arts and crafts, snack time and other fun activities!

Preschool Program for ages 1 1/2 to 6—(Max. 6:1 ratio)

Our program incorporates balance training, coordination and confidence building, all with a structured fun filled curriculum. Students will play and learn gymnastics equipment modified for the younger students' abilities. We have safety certified and knowledgeable instructors.

Mommy & Me (Flying Squirrels) 45 minutes Ages 1 1/2—3  
 Tiny Tots (Chipmunks) 45 minutes Ages 3—4 1/2  
 Little Kips ( Little Fox) 45 minutes Ages 4 1/2 -5 1/2  
 Little Giants (Mountain Lion) 55 minutes Ages 5 1/2—6 1/2

School Age Program for ages 6 and up—(Max. 8:1 ratio)

Level I—Elemental Classes (55 minutes)

This class is designed for students learning the fundamentals of gymnastics. Students will be working on cartwheels, handstands, rolls, and basic skills on bars, beam and vault. These are structured classes with a written curriculum for each week.

1A Ages 6-8 1B Ages 8-10 Champions (CH) Ages 10 & up

Level II—Intermediate Classes (85 minutes)

This is an intermediate class for students who are already proficient in basic skills on bars and beam. Students must be able to perform cartwheels and handstands (One to three times per week)

Level III— Advanced Classes (85 minutes)

This class is for the more advanced gymnast and is by coach recommendation only.

Tumbling Classes—Ages 6 and up (max 8:1 ratio)

This program is for the athlete who wants to specialize in tumbling and trampoline. Emphasis on the fundamentals, skill training and conditioning.

BT Basic Tumbling (55 minutes)

AT Advanced Tumbling (85 minutes) \* STAFF APPROVAL

Boys Gymnastics— Basic/ Intermediate Ages 6 and up (55min)

Our boys program offers classes designed for specifically school age boys. Class focuses on fundamentals of Vault, P Bas, Side Horse, High Bar, Floor and Rings. (Max 8:1 ratio)

## Ultimate Birthday Parties

Schedule your Birthday Party and let us plan the whole event for you. You bring the guests and we do the rest!

Option I - We provide the cake, pizza, drinks, paper products, gift bags, special gift for the Birthday child **\$250**

Option II - You provide the food & supplies. We provide the fun! **\$220**

A \$50 deposit is required to hold date. Either package includes 11 children (birthday child Also.) There is a \$7 charge for each additional child. Requested themes are an additional \$35

New theme for 2015 NERF WARS!!

### Prices Per Eight Week Session

Registration Fee: \$35/\$45 (2 or more)

	Once/Week	Twice/Week	Three/Week
45 Minutes	\$145	\$225	\$310
55 Minutes	\$165	\$257	\$350
85 Minutes	\$203	\$317	\$437



### Sleepover Gym Rental—8pm-8am \$400

Includes up to 15 guests, Pizza, drinks, snacks the night before and doughnuts in the morning. Activities include games, races, contests, free time, a movie and a night of fun for ages 5 and up.

### Kids Night Out

(Open Gym)

Every Saturday 6:00-9:30 PM Ages 5+  
 \$15 /student

Includes 1 slice of pizza, fun, games and supervision

**PRE-SCHOOL SCHEDULE - 2015 - 2016**

	Mon	Tue	Wed	Thu	Fri	Sat
MM	9:00	11:00	10:15	10:00		
	6:00			5:00		
TT	9:00	10:00		11:00		10:00
	11:00	1:00	11:15			
	1:00	4:00			2:00	
	4:00	5:00	4:00			
	5:00	6:00		6:00		
LK	10:00	9:00	9:15	11:00		9:00
		1:00	1:00			
	4:00	5:00	4:00	5:00	3:00	
		6:00	6:00	6:00		
LG	10:00	1:00		9:00		11:00
	1:00	4:00		4:00		
	5:00	5:00	5:00	5 & 6		

**SCHOOL AGE SCHEDULE - 2015 - 2016**

	Mon	Tue	Wed	Thur	Fri	Sat
1A	4:00	4:00	4:00	4:00		
	6 & 7	6:00	5:00	6:00		11:00
1B	6:00			4:00		11:00
CH				6:30		
II	4:00	5:00	4 & 5:30	5:00		10:00
III	5:30	6:30		5:00		
S III		6:30				
BT	7:00	7:00	6 & 7:00	7:00		
AT	7:00			6:30		
BG 1	5:00		6:00			9:00
BG 2		4:00		5:00		

Affix  
Postage



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Training for a life in MOTION

Fall 2015-2016

