



WINTER 2021- 1/11/2021-3/6/2021

Register online CATSgymnastics.net or call 203-271-0279

Class descriptions can be found on the back of this schedule.

Class fee is for one class per week

		Fee*	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Preschool	Parent and Tot 18 mo. - 3 yrs 45 mins	\$145						9:00 am
	KinderCats 3-4 yrs old 50 mins	\$160	4:15 pm	5:30 pm	4:15 pm 5:30 pm	4:15 pm 5:30 pm	4:15 pm	10:00 am
Girls Recreation	Girls Level 1-2 5 yrs + 60 mins	\$180	4:15 pm 5:30 pm	5:30 pm	4:15 pm	4:15 pm 5:30 pm	4:15 pm	10:00 am
	Girls Level 3-4 6 yrs + 60 mins	\$180	5:30 pm		5:30 pm	6:45 pm		11:15 am
Tumbling and Dance Acro	Beginner 6 yrs + 60 mins	\$190				5:30 pm		11:15 am
	Intermediate 6 yrs + 60 mins	\$190				6:45 pm		
	Advanced 8 yrs + 60 mins	\$190		7:00 pm				
Boys Recreation	All Levels	\$180						10:00 am

***Annual Registration Fee: \$30 Per Student/\$50 per family. All Fees Are Non-Refundable**



Class Descriptions

Parent and Tot

This 45 minute class is for children ages 18 months to 3 years. The instructor works on age appropriate skills including coordination and strength. Children must be accompanied by an adult.

KinderCats

This 50 minute class is for boys and girls who are 3-4 years old. Children work on all of the gymnastics apparatus. Focus is on learning gymnastics skills while developing strength, coordination, and general athletic skills.

Girls Recreation Level 1-2 (Beginner to Intermediate)

This 60 minute class is for girls ages 5 and up. Students work on all gymnastics events and are evaluated regularly in order to progress through the levels.

Girls Recreation Level 3-4 (Intermediate to Advanced)

This 60 minute class is for girls ages 6 and up. Students work on all gymnastics events and are evaluated regularly in order to progress through the levels.

Beginner Tumbling and Dance Acro (ages 5 and up)

This 60 minute class is for boys and girls ages 5 and up. Students work on basic, foundational tumbling skills. These skills include, but are not limited to, cartwheels, round-offs, handstands, back/front walkovers, etc. No prior experience necessary. A great class for beginner dancers and cheerleaders.

Intermediate Tumbling and Dance Acro (ages 6 and up)

This 60 minute class is for boys and girls looking to learn tumbling skills. Perfect for dancers and cheerleaders. Students work progressions from Beginner Tumbling skills (see above). These skills include, but are not limited to, standing back handsprings, round-off back handsprings, punch fronts, back tuck drills, aerials, walkovers, etc. *Previous experience strongly recommended.*

Advanced Tumbling and Dance Acro (ages 8 and up)

This 60 minute class is for boys and girls with moderate to strong tumbling skills. Perfect for dancers, cheerleaders and Acro-Tumbling athletes. Students work on high level tumbling *connections* and skills. These skills include, but are not limited to, unassisted back handsprings, unassisted round-off back handsprings, aerials, whip backs, layouts, fulls, etc. *Previous experience is mandatory.*

Beginner/Intermediate Boys

This 60 minute class is for boys ages 6 and up. Students work on basic skills across all six apparatus. (Floor Exercise, High Bar, Pommel Horse, Vault, Rings, and Parallel Bars)