



CEDAR VALLEY
GYMNASTICS ACADEMY

Recreational Programs

Thank you for your interest in Cedar Valley Gymnastics! At CVGA we think one trial class just isn't enough to show you all that we have to offer! That is why we offer a 30 day money back guarantee!

30 DAY DETAILS

- ★ **You may enroll up to 6 days prior to the date you choose to start.** Once you have registered your child they will begin classes immediately.
- ★ **The initial tuition fee will be processed prior to the first day of class. All future monthly tuition fees will be auto-withdrawn on the 1st of the month using the bank account on file.**
- ★ **To continue enrollment** at the end of the trial period simply pay the yearly registration fee(s) in addition to any applicable tuition fees.
- ★ If at the end of the trial period you are unsatisfied with your experience you will receive a refund for the monthly tuition fee paid during the initial registration. **In order to receive your refund you must email us to request a withdrawal.**
- ★ Includes one class per week for a total of four classes.
- ★ All four classes must be completed within the trial period. If you have a conflict we are happy to help you schedule a makeup.
- ★ You may use this offer one time per child for whom you are the legal guardian.
- ★ Cannot be combined with any other offers or discounts.
- ★ Not valid for Little Sparks, summer camp, or any other special event offered by CVGA.

PROGRAMS

- ★ Below is a list of programs that we offer. Depending on enrollment numbers, time of year, and coaching availability some programs may not be offered at this time.
- ★ With the exception of Little Sparks, tuition is due monthly.
- ★ For our monthly classes it is assumed that your child will remain enrolled unless we hear differently from you.
- ★ **For information on tuition fees and to see our current openings you will need to use the registration link included in the email.**

SUMMER CAMP

June, July, and August - Email to request more information

- Ages 4-12
- 1 week sessions
- Full day and half day options available
- Summer camp dates 2023
 - Coming soon!

COED

Little Sparks - Session Enrollment (8 classes per session)

Little Sparks is a parent/child class focusing on balance, strength, and coordination as well as fine motor, large motor, cognitive, and social skills. Come have fun with your little one!

- ★ Ages 18 months to 2 years with a parent
- ★ 45 minutes
- ★ Saturday mornings at 9:15, 10:15, or 11:15
- ★ The spring session begins in March. Dates will be announced in February.

Firecrackers - Monthly enrollment

Firecrackers are ready to participate without mom or dad in this jam packed hour filled with fun for your little one. Each week your child will practice on two of the four gymnastics events. They will also work on fine motor, large motor, cognitive, and social skills.

- ★ Ages 3-4 & potty trained
- ★ 60 minutes
- ★ M-Th 4:30 or 5:45
- ★ Ratio 1:4
- ★ Max size 8

GIRLS

Dynamites - Monthly enrollment

Dynamites is a level 1 gymnastics class for beginners. Each week your gymnast will practice on two of the four gymnastics events. Skills include forward rolls, backwards rolls, cartwheels, handstands, walking and static balances on the beam, and pull-overs and circling elements on the bar.

- ★ Ages 5-6
- ★ 60 minutes
- ★ M-Th 5:30 or Wed 6:45
- ★ Ratio 1:5
- ★ Max size 10

Rockets - Monthly enrollment

Rockets is a level 1-2 gymnastics class for beginners. Each week your gymnast will practice on all four gymnastics events. Skills include cartwheels, round-offs, back bends, handstands, walking and static balances on the beam, and pull-overs and circling elements on the bar.

- ★ Ages 7+
- ★ 90 minutes
- ★ Monday or Thursday 6:30, T-Th 5:00
- ★ Ratio 1:6
- ★ Max size 12

Rising Stars - Monthly enrollment

Rising Stars is a level 2-3 gymnastics class for gymnasts who have had some gymnastics experience or who are older beginners. Each week your gymnast will practice on all four gymnastics events. Skills include cartwheels, round-offs, back handsprings, back walkovers, handstands and cartwheels on the beam, and pull-overs and circling elements on the bar.

- ★ Ages 8+
- ★ 2 hours
- ★ Monday or Thursday 5:30, Tuesday 6:30

- ★ Ratio 1:7
- ★ Max size 12

BOYS

Hot Shots - Monthly enrollment

Hot Shots is our Level 1 boys class for beginners. Each week your gymnast will work on strength, balance, flexibility, and tumbling skills. Hot Shots also includes practice on the boys' gymnastics events - high bar, still rings, pommel horse, and parallel bars.

- ★ Ages 5-6
- ★ 60 minutes
- ★ Tuesday or Thursday 5:30
- ★ Ratio 1:5
- ★ Max size 10

Freedom Flippers - Monthly enrollment

Freedom Flippers is our level 2 boys class for beginners. Each week your gymnast will work on strength, balance, flexibility and tumbling skills. Freedom Flippers also includes practice on the boys' gymnastics events - high bar, still rings, pommel horse, and parallel bars.

- ★ Ages 7+
- ★ 90 minutes
- ★ Tuesday or Thursday 6:30
- ★ Ratio 1:6
- ★ Max size 12