

## Spring Session - April 15, 2024 - June 23, 2024

Register online @ [CATSgymnastics.net](http://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 **CLOSED MEMORIAL DAY**

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

**There have been some changes to classes and ages. Please read the definitions on the second page**

		Fee*	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Preschool</b>	<b>Parent and Tot</b> 18 mo. - 3 yrs 45 mins	\$235				10:00 am		9:00 am ----- <b>Sunday</b> 9:00 am 10:00 am
	<b>Little CATS</b> <b>3 year olds only</b> 50 mins	\$255	4:15 pm		3:00 pm	11:00 am	3:00 pm	9:00 am 10:00 am 11:15 am
<b>Recreational Gymnastics</b>	<b>Beginner</b> 4-5 y/o 60 mins	\$275	4:15 pm 5:30 pm	4:15 pm 5:30 pm	4:15 pm 5:30 pm	4:15 pm 5:30 pm	4:15 pm	10:00 am
	6-11y/o & 8+ <b>(highlighted)</b> 60 mins		4:15 pm 5:30 pm	4:15 pm 5:30 pm	5:30 pm	6:45 pm <b>(8+)</b>	4:15 pm	10:00 am 11:15 am <b>(8+)</b>
	<b>Intermediate</b> 5 yrs + 60 mins	\$275	4:15 pm	4:15 pm 5:30 pm	4:15 pm	4:15 pm 5:30 pm <b>(6-11) &amp; (8+)</b>	4:15 pm	11:15 am
	<b>Advanced</b> 5 yrs + 60 mins	\$275	5:30 pm		4:15 pm 5:30 pm		5:30 pm	<b>11:15 am</b> <b>90 minutes</b> <b>\$295</b>
<b>TopCATS</b>	<b>Invite Only</b> 90 mins	\$105/month	5:00 pm					11:15 am
<b>Tumbling and Dance Acro</b>	<b>Beginner Tumbling</b> 60 min	\$285	6:45 pm					
	<b>Intermediate</b> 6 yrs + 60 mins	\$285			6:45 pm		5:30 pm	
	<b>Advanced</b> 8 yrs + 60 mins	\$285		7:00 pm				



## 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.

### LittleCATS

This 50 minute class is for boys and girls who are 3 years old and have been in our Parent and Tot for at least one session. Children work on all of the gymnastics apparatus. Focus is on learning gymnastics skills while developing strength, coordination, general athletic skills, and getting comfortable in the gym.

### Beginner Recreation

This 60 minute class is for boys and girls with little-to-no gymnastics experience. Students work on all gymnastics events and are evaluated regularly in order to progress through the levels.

4-5 year olds only classes

6+ year old (ages 6-10)

8+ only classes

### Intermediate Recreation

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

### Advanced Recreation

This 60 minute class is for girls ages 8 and up with a higher level of gymnastics experience. Students work on all gymnastics events and are evaluated regularly in order to progress through the levels.

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### Beginner Tumbling and Dance Acro

This 60 minute class is for boys and girls looking to learn tumbling skills. Perfect for dancers and cheerleaders. Students work on Beginner Tumbling skills including rolls, cartwheels, handstands and bridges.

### 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. 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.***