

RISE UP ATHLETICS WINTER 2019 CLASS SCHEDULE

CLASS LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TOTnastics: *12-36 months				10:00		8:15
KIDNASTICS PROGRAM: BEGINNING GYMNASTICS FOR AGES 3 to 5 years						
KIDnastics: Pre-Beginners 3-4yrs		6:15		3:30		8:15 9:30
KIDnastics Beginners 4-5yrs	3:30 4:50	3:30 4:50 6:15	3:30 4:50 6:15	3:30		8:15 9:30 10:45
KIDnastics: Adv. Beginners * 5 yrs-Test		3:30 4:50 6:15	3:30 4:50	3:30		8:15 9:30
NINJA Star: Ninja Kids 4-7yrs				4:50	3:30	
GYMNASTICS PROGRAM: GYMNASTICS FOR BOYS & GIRLS AGES 6 to 13 years						
GYMnastics: Girls Level 1 6-8yrs	3:30 4:50	3:30 4:50 6:15	3:30 4:50 6:15	3:30 4:50		9:30 10:45
GYMnastics: Girls Level 2 9-10yrs	3:30 4:50	3:30 4:50 6:15	3:30 4:50 6:15	3:30 4:50		9:30 10:45
GYMnastics: Girls Level 3 10-13yrs	4:50	4:50	4:50 6:15	4:50		10:45
GYMnastics: Boys Gymnastics 6 + yrs		3:30				9:30
NINJA Stars: Ninja 1 & Ninja 2 7+yrs	6:15(N1)			6:15(N2)		
GYMSTARS PROGRAM: ADVANCED GYMNASTICS FOR GIRLS AGES 5 to 18 years						
BRONZE						10:45
SILVER	4:45		3:20			
GOLD		4:30				
PLATINUM			4:45	3:20		
DIAMOND				4:45		
TUMBLING FOR RECREATIONAL OR CHEERLEADING FOR AGES 5 to 18 years						
TUMBLE STARS: 5-7 YRS	3:30			3:30 4:50 6:15	3:30	9:30
TUMBLING: LEVELS 1	3:30 4:50 6:15	3:30 4:50 6:15	3:30 7:15	6:15	3:30	9:30 10:45
TUMBLING: LEVELS 2	3:30 4:50 6:15	3:30 4:50 6:15	4:50 7:15	4:50 6:15	3:30	9:30 10:45
TUMBLING: LEVELS 3	4:50 6:15	3:30	4:50 7:15	6:15	3:30	10:45
TUMBLING: LEVELS 4	4:50 6:15	3:30	4:50 7:15	6:15	3:30	10:45
TUMBLING: ELITE LEVEL						

Please note: * asterisks indicates a future class

Updated: 1/29/19

Rise Up Athletics PROGRAM DESCRIPTIONS

1. **TOTnastics : Early Motor Development Program**
 - Co-Ed Ages 12-36 months
 - Parent or guardian participation is required
 - Explore, sing, dance while utilizing your motor and sensory skills to tumble and play!
 - 50 minutes per class
2. **KIDnastics Levels: Pre-Beginner - Beginner –*Adv. Beginner (*Testing Required)**
 - Co-Ed Ages 3 to 5 years
 - Comprehensive gymnastics program for boys and girls
 - 60 minutes per class
3. **GYMnastics Levels: Girls 1, 2, *3 (*Testing May Be Required)**
 - Ages 6 years and up
 - Comprehensive beginning to intermediate gymnastics program for girls and boys
 - 75 minutes per class
4. **GYMnastics Levels: Boys**
 - Ages 6 years and up
 - Comprehensive beginning to intermediate gymnastics program for boys
 - 75 minutes per class
5. **TUMBLE Stars:**
 - Co-Ed Ages 5-7 years
 - Emphasizing on building strong foundation for tumbling
 - 60 minutes per class
6. **TUMBLING Levels: 1, *2, *3, *4 (*Testing May Be Required On Levels 2 and up)**
 - Co-Ed Ages 8-18
 - Beginning to advanced tumbling skills for recreational or cheerleading
 - 75 minutes per class
7. **GYM Stars Levels: Bronze-Silver-Gold-Platinum-Diamond (*Testing Required)**
 - All Girls Ages 5-18
 - Pre-Team Intermediate to Advance All Girls Gymnastics Program
 - Bronze: 75 minutes per class
 - Silver-Diamond 1 hour and 40 minutes per class
8. **NINJA Stars Program**
 - **Ninja Kids** - 60 min co-ed class that teaches fundamental gymnastics mixed with acrobatic elements
 - **Ninja 1 & 2** - 75 min co-ed class that mixes traditional gymnastics elements w/ creative agility stations

PROGRAM FEES:	Monthly	
TOTnastics:	\$75.00	
KIDnastics:	\$97.00	
GYMnastics & GYM Stars Bronze:.....	\$108.00	
GYM Stars Silver-Diamond:.....	\$118.00	
TUMBLE Stars: Ages 5-7 years.....	\$100.00	
TUMBLING: Ages 8+.....	\$105.00	
NINJA Kids: Ages 4-6 years.....	\$103.00	
NINJA 1 & 2: Ages 7-18 years.....	\$108.00	
ANNUAL REGISTRATION FEE	\$40.00	
PRIVATE LESSONS: (30min/1hr).....	\$10.00/\$20.00	per child per year
	\$15 & up	Gym Fee
OPEN FLOOR TUESDAY NIGHTS (7:30-9:00 PM)	\$5.00	Coach Determines Fee
Ages 8 and up! *Must have waiver form on file.		

MULTIPLE CLASS DISCOUNT **20% OFF**
SIBLING DISCOUNTS **10% OFF**

*Applied to the full month of tuition.

*Applied to siblings that must reside in the same household

Visit us online and register for your ***FREE CLASS** at **"RISEUPATHLETICS.NET"**
*New Enrollees Only

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