

# FALL CLASS SCHEDULE

September 7th - November 7th

The Fall session will run nine weeks starting September 7th and ending on November 7th.

PRESCHOOL CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>Parent Tot</b> - (age 1-2) - 45 min. This class requires a parent to assist. We will be working on developing gross motor skills through movement and balance.	11:00 - 11:45			9:00 - 9:45		11:00 - 11:45
<b>Tiny Tots</b> - (age 3 - 4) - 55 min. This class is designed for children to work more specifically on gymnastics skills by developing awareness and coordination with out the assistance of parents.		10:00 - 10:55 5:00 - 5:55	11:00 - 11:55 1:00 - 1:55	10:00 - 10:55 6:00 - 6:55		10:00 - 10:55 11:00 - 11:55
<b>Big Shots</b> - (age 5) - 55 min. Children will work on vault, bars, beam, and floor. They will become more familiar with the positions and terms associated with gymnastics.	10:00 - 10:55	11:00 - 11:55 1:00 - 1:55 6:00 - 6:55	10:00 - 10:55 5:00 - 5:55	11:00 - 11:55 1:00 - 1:55 5:00 - 5:55		

RECREATIONAL CLASSES (AGES 6 & UP)	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>Beginner Gymnastics I</b> - (age 6 & up) - 1 hr For children with little or no gymnastics experience. Will work on basic gymnastics skills using vault, bars, beam, floor.	5:00 - 6:00 6:00 - 7:00		5:00 - 6:00 6:00 - 7:00			10:00 - 11:00 11:00 - 12:00
<b>Beginner Gymnastics II</b> - 1 hr For children that have the knowledge of basic skills and want to become more involved in gymnastics. This class will improve on skills learned in Beginner I and learn more skills at the beginner level.	6:15 - 7:15		6:15 - 7:15	6:15 - 7:15		
<b>Intermediate Gymnastics I</b> - 1.5 hrs For children who have completed the beginner levels. Children will continue to develop skills.		6:00 - 7:30		6:00 - 7:30		
<b>Advanced Gymnastics</b> - 1.5 hrs Children will be working on more advanced skills for all events. This class is for children who have shown the beginner & intermediate skills.				6:00 - 7:30		
<b>Beginner Boys</b> - 1 hr Boys will be trained on floor exercise, pommel horse, p-bars, high bar, mushroom, rings, and trampoline.	5:00 - 6:00	5:00 - 6:00		5:00 - 6:00 6:00 - 7:00		
<b>Intermediate Boys</b> - 1.5 hrs Children will continue to develop skills.			4:30 - 6:00			
<b>Beginner Tumbling</b> - 1 hr This class is for children who only want to learn tumbling skills. No instruction on apparatuses (vault, bars, beam, floor).		6:30 - 7:30				
<b>Intermediate Tumbling</b> - 1.5 hrs This class is for children who have accomplished the beginning tumbling skills with emphasis on back handsprings.	SUN. 1 - 2:30					
<b>Advanced Tumbling</b> - 1.5 hrs Children will be working tucks, layouts, twisting, and much more!	SUN. 1 - 2:30					
<b>Pole Vault Training</b> - 1 hr Take your vaulting skills to the next level by developing the core strength and coordination only gymnastics can provide.		7:00 - 8:00	Open to upcoming and current high school students. Beginner to advanced vaulters welcome! Call for pricing.			

CHEERASTICS CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>Elementary &amp; Middle School</b> - 1 hr & <b>High School</b> - 1.5 hrs <b>Partner Stunting</b> - 1 hr - (Jr. & Sr. only)	Classes focus on motions, jumps, team tumbling, stunting, strength, and flexibility. We are willing to work on what your team needs the most. - Call for pricing and times.					

COMPETITIVE CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Team is unique with children developing life skills such as, teamwork, goal setting, dedication, and commitment. At this level athletes attend local and regional competitions.						
<b>Pre-team</b> (min. age 5)		5:00 - 7:00			5:00 - 7:00	
<b>Level 4</b> - 9.5 hrs/week		4:30 - 7:30		4:30 - 7:30	4:30 - 8:00	8:30 - 12:00
<b>Level 5</b> - 14 hrs/week		4:30 - 8:00		4:30 - 8:00		
<b>Level 6</b> - 14 hrs/week	4:30 - 8:00		4:30 - 8:00			
<b>Level 7, 8</b> - 18 hrs/week	3:30 - 8:00		3:30 - 8:00			

BOYS COMPETITIVE CLASSES - *NEW*	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>Pre-team</b> (min. age 5)		5:00 - 7:00			5:00 - 7:00	

ADULT FITNESS CLASSES	MON.	TUES.	WED.	THURS.	FRI.	SAT.
<b>Co-Ed Boot Camp Conditioning</b> - Intense callisthenic workout.	Call for pricing and times.					
<b>Pilates</b> - Great opportunity to workout while your child is in class.	6:00 - 7:00	6:00 - 7:00				

### TUITION/ PRICING

**Tuition:** Due at the time of registration.  
There is a \$25 fee for all returned checks.

**Family Discounts:** If there is more than one child signed up and registered for classes, then \$10.00 will be deducted from the final tuition payment.

**Late Fees:** A \$5 late fee will be added to all payments received 15 days after registration.

**Payment Type:** We currently accept Cash or Check

**Registration fee:** There is a non-refundable registration fee due once a year.

**First Member: \$30 Second Member: \$20 Family Maximum: \$50**

**Open Gym Fees:** \$5 each time, this is paid when you arrive.

**Class Fees:** The fees listed below are based on the 9 week session.

45 min class	1x a week	\$90
	2x a week	\$165
55 min class	1x a week	\$101
	2x a week	\$180
1 hr class	1x a week	\$108
	2x a week	\$190
1.5 hr class	1x a week	\$148
	2x a week	\$255

**Competitive Fees:** The fees are listed in the team handbook.

**PLEASE NOTE:**  
Schedule subject to change based on availability. Please call ahead to assure that your class is available. The minimum class size is 3 children. You are more than welcome to join a class at anytime during the session, as long as there are open spots in the class. We will pro rate the tuition accordingly.

## CHECK US OUT

**OPEN GYM - Everyone Welcome, bring your friends. (Cost \$5 per person)**

Fri. 7:00 - 9:00 Sat. 12:00 - 2:00

**BIRTHDAY PARTIES AVAILABLE** (Call for availability)

Every Sat. 2:30 - 4:30 & 5:30 - 7:30

## MISSION STATEMENT

Power in Motion Gymnastics & Fitness was established to provide professional staff dedicated to helping individuals, both young and old, improve or maintain their physical health and mental well-being through fitness activities specifically designed for them, both recreational and competitive, and be recognized in the area as leaders of the community.

## PARENT INFORMATION

**Make-ups:** Make-up classes will be allowed. Please contact the office immediately to inform them of your child not attending. Please schedule a make-up date with the office in advanced. (\*Recreational Classes Only)

**Min. Class Size:** All classes must have at least 3 children.

**Make sure your child arrives on time to class.** Warm-up is an important part of gymnastics to assure that the child's body is properly warmed-up to prevent injury.

**Parent Viewing:** Parents are more than welcome to watch from the viewing area. Please stay in the viewing area, no one else is allowed in the gym area except for students. Keep complete control of your children and do not allow them to horseplay and run in the viewing area. If there is an emergency, contact the office.

**Attire:** Make sure your child is dressed properly for class. (ex. shorts and t-shirt) A leotard is not required, but be sure they are comfortable to do activities. Hair should be up and out of the way and no jewelry is allowed during the lesson for safety reasons.

## OUR LOCATION



**POWER  
IN MOTION**  
GYMNASTICS & FITNESS

Our building is located directly north of our old building. It is located next to All Phase Electric Supply and Zmudy building supply.

Address:

3889 South M-139

St. Joseph, MI 49085



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**MEMBER CLUB**

Visit [usa-gymnastics.org](http://usa-gymnastics.org) for more info.

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3889 M-139, St. Joseph, MI 49085

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[pimgymnastics.com](http://pimgymnastics.com)

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