

TUMBLE on in to the Mini-Gym

Mini-Gym Tumblers

Our Mini Gym Program offers an intimate age-appropriate gymnastics facility, filled with equipment just the right size for the development of young children. Early movement education is important. Our philosophy of teaching the entire child will reap loads of benefits for them. Students will learn about patience and cooperation, improve balance, strength and eye-hand coordination, while gaining valuable social skills. Themed weeks include musical adventures, large and fine motor activities, multi-sensorial stimulation, and gymnastics skills. It's just a plain old good time!

Mini-Gym Recreational Classes

(\$180.00 / 11 Wk. Session)

Together Time

2 yr. w/parent (45 min)
Age as of 6/1/10

Wed	6:30-7:15
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Tumble Bunnies

3 yr.-Toilet Trained (45 min.)
Age as of 6/1/10

Mon.	4:30- 5:15
Tues.	6:15- 7:00
Wed.	4:30- 5:15
Thurs.	10:30-11:15
	6:00- 6:45

Tumble Bugs

4 yr. (45 min.)
Age as of 6/1/10

Mon.	5:30 - 6:15
Tues.	10:45 -11:30
	7:00 - 7:45
Wed.	1:00- 1:45
Thurs.	9:30 - 10:15
	6:45- 7:30

Tumble Bees

Kindergarten in school year 2010-2011
5 yr. (1 hr)

Mon.	6:30 - 7:30
Tues.	9:30 -10:30
Wed.	1:45- 2:45
	5:30- 6:30
Thurs.	4:45- 5:45

Registration Fee

\$15 per student

\$40 maximum per family

*Students enrolled in any 2009-10 session pay NO summer registration fee.

We accept enrollment at anytime.

Please call to check availability and pro-rate fees

"FLIPPING FOR FUN" Gymnastics Curriculum

"FLIPPING FOR FUN"

Our Flipping for Fun Gymnastics Curriculum is based on USAG Jr. Olympic Program as well as our 20 years experience of teaching gymnastics to children. The curriculum is designed to provide a non-competitive, achievement-oriented program of gymnastic conditioning, flexibility and life skills.

Big Gym Recreational Classes

Petite Flippers

Grades 1-3

(\$180.00 / 11 wk. session)

Mon.	4:30 - 5:30
	5:30- 6:30
Tues.	6:00-7:00
Wed.	5:30- 6:30
	6:30-7:30
Thurs.	5:00- 6:00

Flippers

Grades 3 & up

(\$180.00 / 11 wk. session)

Mon.	6:30-7:30
Tues.	5:00-6:00

Girls Transitional

(\$180.00 / 11 wk. session)

Thurs.	6:00- 7:00
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Salto

1 1/2 Hr. Class

(\$204.00 / 11 wk. session)

Mon	5:00-6:30
Tues.	7:00-8:30
Wed.	6:30 - 8:00
Thurs.	7:00 - 8:30

Boys

"Mighty Muscles"

(\$180.00 / 11 wk. session)

Mon.	6:00- 7:00
Thurs.	6:00 - 7:00

Tumbling & Trampoline

(\$180.00/11 wk. session)

T & T-Lev. 1	T & T-Lev. 2	Advanced T & T
Tues. 6:00 - 7:00	Wed. 8:00 - 9:00	Mon. 8:00 - 9:00
		Tues. 7:00-8:00
		Thurs. 8:00 - 9:00

Which Class?

We use school grade as the primary variable to determining your child's class time. We then subdivide each class into logical, homogeneous training groups.

Girls Transitional

1 hr.

This class offers an introduction to the "big" gym for girls graduating from the mini-gym or new students. The class is limited to girls **entering first grade**. The students will learn basic gymnastics on all events in a class geared to young children.

Petite Flippers

Grades 1-3

Flippers

Grades 3 & up

1 hr.

This class offers gymnastics on all four Olympic events and trampoline. Students work through a series of skill levels at their own pace in a safe and positive atmosphere. Individual progress is rewarded and self-esteem encouraged.

Salto

Grades 3 & up

1 1/2 hr.

A class for girls with previous experience in gymnastics. This class offers more time in the gym to develop more advanced skills in gymnastics.

Boys "Mighty Muscles"

Grades 1 & up

1 hr.

Using basic gymnastics skills, tumbling & trampoline, this class will focus on physical ability training. Boys will work through an individual goal oriented program to increase strength, flexibility, agility and overall coordination. This class is a great preparation for all sports!

Tumbling & Trampoline

Grades 1 & up

1 hr.

Ideal for cheerleaders, this class is for students interested in improving their tumbling skill level. Trampoline is included, as this is a good, safe method for teaching many tumbling skills. Students must be able to do round-off back handspring to enroll in the advanced class.

Central PA Academy of Gymnastics



Central PA Academy of Gymnastics
P.O. Box 60010
Harrisburg, PA 17106-0010

Location
Gateway Square Shopping Center
Carlisle Pike & Rt. 581
Mechanicsburg, PA 17050

Mailing address
P.O. Box 60010
Harrisburg, PA 17106-0010
766-1030 Fax-766-1619

www.opagymnastics.com



CPAG POLICY STATEMENT

PAYMENT

- * Session payment and registration form are due at time of enrollment.
- * Payment can be made by check or cash.
- * Make checks payable to CPAG with phone number, child's name, class, day, & time written in memo area.
- * Return check fee is \$30.00.

REFUNDS

- * There are no refunds after the 3rd week of class, except for medical reasons.

DISCOUNTS

- * A family discount of 10% is given for 2 or more gymnastics classes per week, same or different child.

MISSED CLASSES

- * Make-up classes are available. There are no deductions for missed classes.

ARRIVAL

- * Students arriving more than 10 min. late will not be permitted in class. Please schedule a make-up at the front desk.
- * Children are not allowed outside the building without an adult.

ATTIRE

- * Girls-One piece leotard, no skirt. Hair in a ponytail, bare feet.
- * Boys-Athletic pants, long or short, t-shirt tucked into pants, bare feet No oversize clothing.
- * NO JEWELRY OF ANY KIND.

SAFETY

- * NO ONE is permitted on the gym floor or equipment unless accompanied by an instructor.
- * No gymnastics in waiting areas.
- * Children need to wait quietly in their designated waiting areas. Parents are responsible for their child's safety in these areas.
- * Chewing gum, Heelys, ball playing, glass containers & running are not permitted in the building.
- * Proper behavior is very important for the safety of your child.
- * Any student acting in an inappropriate manner will be asked to leave the gym. Continued misconduct will be cause for permanent dismissal from the program. NO REFUNDS WILL BE GIVEN.

Waiver 2b

PARENT/GUARDIAN WAIVER FORM

I agree that my child, named on reverse, will be engaging in physical exercise involving various sports, coordination events, and fitness training which could cause injury to them. I agree that my child is participating in these activities and is assuming all risks of injury that might result. I hereby agree to waive any claims or rights that I might otherwise have to sue C.P.A.G., its employees, owners, officers, or agents for injuries that might occur as a result of these activities. C.P.A.G. will make no evaluation or recommendation whether your child is physically fit for any exercise activity. It is always advisable to consult a physician prior to undertaking any physical exercise program. If my child has any physical condition that may impair their ability to engage in these activities, it is my responsibility to obtain a physician's statement describing any limitations to participate in the program.

X _____ Parent/Guardian signature
Date: _____/_____/_____



Publicity Release Form Photographs & Videotaping

Many exciting events are captured on film. CPAG will be taking pictures of students to display on our bulletin boards, newsletter and our web page. Please check your preference in displaying your child's photo.
I do _____ (or) I do not _____ give permission for my child's picture to be used for advertising or display on Central PA Academy of Gymnastics bulletin boards, newsletter, and/or web page.

X _____ Parent/Guardian signature
Date: _____/_____/_____