

We define success as personal best!

- **We promote GOOD CHARACTER AND POSITIVE LIFE SKILLS:** Lessons at SGA extend beyond the gym and into life lessons. We actively seek to instill positive character traits and values in our students such as: trustworthiness, respect, responsibility, fairness, caring and citizenship. We teach and foster positive life skills and attitudes, including self-discipline.
- **We provide a SAFE AND CLEAN ENVIRONMENT.** Our gym, bathrooms and all public areas are thoroughly cleaned and disinfected nightly. The facility and the equipment are regularly inspected and maintained to assure safety.
- **We treasure the OPPORTUNITY TO WORK WITH EACH CHILD.** We recognize that every child is unique. It is our goal to make each child, regardless of age or ability, feel special each day they are with us. They will develop not only a stronger, healthier body, but also more self confidence through our fun and exciting programs.

Class Descriptions

Preschool	Age Range	Duration	Cost
Butterflies	18 mo - 3 yrs	45 min.	\$65.50
Dragonflies	3 - 4 yrs	55 min.	\$74.50
Fireflies (by invitation; 2x per week)		55 min.	\$142
Kindergarten	Age Range	Duration	Cost
Kinderbugs	Girls - 5 yrs.	55 min.	\$74.50
Girls Levels	Age Range	Duration	Cost
Level 1/2 - beg.	6 +	55 min.	\$74.50
Level 3 - inter. (2x/ week recommended)		1 hr 25 min.	\$95.50
Level 4 - advanced (2x /week)		1 hr 25 min.	\$172
Boys Levels	Age Range	Duration	Cost
Boys Level 1/2	6 +	55 min.	\$74.50
Boys Level 3	6 +	1 hr 25 min.	\$95.50
Open Gym	Age Range	Duration	Cost
Indoor PlayPark	5 and under	1 hr 30 min.	\$6 drop-in
Open Gym	6 +	(based on day- see schedule)	
Tumbling	Age Range	Duration	Cost
Tumbling	6 +	1 hr	\$15 drop-in
			Or \$60 punchcard/ 5 classes

Class costs are at a per month fee schedule.

10% discount for sibling & multiple classes.

10% Auto Pay Discount

Yearly Registration & Liability fee of \$35.00
(\$60.00 max per family)

2019-2020 Class Schedule



Gymnastics

S- Spectacular Variety
G- Great Coaches
A- Awesome Kids!!



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2019-2020 CLASS SCHEDULE

Class times are subject to change. Please call the gym for class availability, session dates, and holiday closures.

Preschool	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butterflies	18 mo- 3 yrs	45 min.		9:15 am	4:45 pm			9:15 am
Dragonflies	3-4 yrs	55 min.	3:45 pm 4:45 pm	10:00 am 3:45 pm 5:45 pm	3:45 pm 5:30 pm	4:45 pm		10:00 am
Fireflies (by invitation)		55 min.		3:45 pm		3:45 pm		
Indoor PlayPark (Open Gym)	5 and under	1 hr 30 min.	9:00 am			9:00 am		
Kindergarten	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kinderbugs (Girls)	5 yrs	55 min.	3:45 pm 5:45 pm	4:45 pm	3:45 pm	3:45 pm		
Girls Levels	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1/2 - Beginner	6 yrs and up	55 min.	3:45 pm 4:45 pm	3:45 pm 4:45 pm 5:45 pm	4:45 pm	3:45 pm 4:45 pm 5:45 pm	2:30 pm	9:00 am 10:00 am
Level 3 - Intermediate 2/week suggested		1 hr 25 min.	4:45 pm	4:45 pm	5:45 pm	4:45 pm		11:00 am
Level 4 - Advanced 2/week		1 hr 25 min.		6:15 pm		6:15 pm		
Boys Levels	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boys Beginner Level 1/2	5 yrs and up	55 min.	3:45 pm		3:45 pm 4:45 pm			
Boys Intermediate Level 3	6 yrs and up	1 hr 25 min.			5:45 pm			
Drop-In Classes	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumbling	6 yrs and up	60 min.		7:15 pm		7:15 pm		
Open Gym	6 to Adult	Based on day			7:00-8:00 pm (\$10)		7:00-8:30 pm (\$15)	