

SUMMER 2008

Red River Valley Gymnastics ~ 1602 32nd Avenue South ~ Grand Forks, ND 58201 ~ 701-746-2797

Summer I Session: June 2 - July 11

Summer II Session: July 14 - August 15

DOWN WEEK (No Classes): June 30 - July 4

CLASS	5 week Session	10 wks for the price of 8	AGE	LENGTH	MON	TUES	WED	THURS	FRI
GYMBUGS CHILD AND PARENT CLASSES									
<i>Parents accompany their children to classes. Have fun with your little one as they learn through exploration and moderately structured circuits.</i>									
ANTS	\$ 31.50	\$ 50.40	12 -18 Months	30 Min	6:00 PM			10:30 AM	
BUMBLEBEES	\$ 36.50	\$ 58.40	18 Months - 2 1/2 Years	45 Min	5:00 PM	10:30 AM 6:00 PM		9:30 AM 4:00 PM	
CATERPILLARS	\$ 36.50	\$ 58.40	2 1/2 - 3 1/2 Years	45 Min	4:00 PM	9:30 AM 5:00 PM		10:30 AM 6:00 PM	9:30 AM 5:00 PM
GYMBUGS PRESCHOOL CLASSES									
<i>Children ages 3-6 learn the basics of gymnastics in a fun, kid-friendly environment created just for their size!</i>									
BUTTERFLIES <i>All NEW students 3 - 3 1/2 must attend a Caterpillars class before attending Butterflies</i>	\$ 36.50	\$ 58.40	3 - 4 Years	45 Min	4:00 PM 6:00 PM	10:30 PM 4:00 PM 5:00 PM		10:30 AM 4:00 PM 6:00 PM	9:30 AM 4:00 PM
DRAGONFLIES	\$ 36.50	\$ 58.40	4 - 5 Years	45 Min	5:00 PM	9:30 AM 4:00 PM 6:00 PM		10:30 AM 5:00 PM 6:00 PM	
LADYBUGS (GIRLS) <i>MainGym</i>	\$ 46.50	\$ 74.40	5 - 6 Years	60 Min	9:30 AM 4:00 PM			4:00 PM 5:15 PM	
GRASSHOPPERS (BOYS) <i>MainGym</i>	\$ 46.50	\$ 74.40	5 - 7 Years	60 Min		5:15 PM	4:00 PM		
RHYTHMIC CLASSES									
<i>For everyone who loves dance and gymnastics! Rhythmics combines gymnastics, dance, and rhythmic equipment like hoops, balls, and ribbons.</i>									
RHYTHMICS BUGS	\$ 36.50	\$ 58.40	3 - 5 Years	45 Min			4:00 PM		
RHYTHMIC STARS	\$ 46.50	\$ 74.40	6 Years +	60 Min			5:00 PM		
PROGRESSIVE CLASSES									
<i>Ages 6+ of all abilities learn gymnastics skills on lots of different and fun equipment. We have a class for everyone in our progressive program!</i>									
GIRLS NOVICE 1	\$ 46.50	\$ 74.40	6 - 8 Years	60 Min	4:00 PM		5:15 PM	6:30 PM	
GIRLS NOVICE 2**	\$ 46.50	\$ 74.40	6 - 8 Years	60 Min	5:15 PM	4:00 PM	6:30 PM		
GIRLS NOVICE 9+	\$ 46.50	\$ 74.40	9 Years +	60 Min	6:30 PM				
GIRLS NOVICE STARS**	\$ 46.50	\$ 74.40	6 Years +	60 Min	5:15 PM	4:00 PM		6:30 PM	
GIRLS INTERMEDIATE**	\$ 46.50	\$ 74.40	6 Years +	90 Min		4:30 PM	4:30 PM		
GIRLS ADVANCED**	\$ 46.50	\$ 74.40	6 Years +	90 Min	4:30 PM			4:30 PM	
TEENS	\$ 46.50	\$ 74.40	12 Years +	60 Min		6:30 PM			
BOYS NOVICE	\$ 46.50	\$ 74.40	7 Years +	60 Min	6:30 PM		4:00 PM		
BOYS NOVICE STARS**	\$ 46.50	\$ 74.40	7 Years +	60 Min					
BOYS TRAMP & TUMBLING	\$ 46.50	\$ 74.40	6 Years +	60 Min		6:30 PM			
TRAMP & TUMBLING 1 Boys and Girls	\$ 46.50	\$ 74.40	6 Years +	60 Min	5:15 PM			4:00 PM	
TRAMP & TUMBLING 2** Boys and Girls	\$ 46.50	\$ 74.40	6 Years +	60 Min	4:00 PM			5:15 PM	
TRAMP & TUMBLING 3** Boys and Girls	\$ 46.50	\$ 74.40	6 Years +	60 Min	6:30 PM	5:15 PM			
TRAMP & TUMBLING 4** Boys and Girls	\$ 46.50	\$ 74.40	6 Years +	60 Min			5:15 PM		
PERFORMANCE TEAMS									
<i>Our Acro classes focus on tumbling skills that children put to use in performances around the Grand Forks area.</i>									
LIL' ACR0	\$ 46.50	\$ 74.40	4 - 6 Years	60 Min	10:30 AM		5:00 PM	5:00 PM	
JR. ACR0	\$ 75.50	\$ 120.80	7 Years +	120 Min	6:00 PM		6:00 PM		
OPEN GYM									
BUG TIME OPEN GYM <i>Ages: 12 Months to 5 Years</i> <i>Pay as you attend</i> Members: \$3.00 Non-Members: \$4.00 Adult must accompany child			1 - 6 Years	60 Min					TBA
OPEN GYM <i>Ages: 6 Years and up</i> <i>Pay as you attend</i> Members: \$5.00, Non-Members: \$6.00			6 Years +	90 Min					TBA
ADULT GYMNASTICS OPEN GYM 5 Punch: \$35.00, 10 Punch: \$60.00 <i>(Punch cards purchased at the front office)</i> \$10.00 to pay for 1 time			18 Years +	60 Min		7:30 PM		7:30 PM	

****By recommendation of instructor only**