

Winter 2008

January 21 - April 5, 2008

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

Please note: Once registered for a class, you are responsible for the full session fees. There is no refund for withdrawal at any time during the 10 week session. All class fee amounts listed next to each class reflect the full 10 weeks of the session, unless otherwise noted. If a student joins after the session has started, fees are pro-rated. A discount is applied if a child enrolls in more than one class, and discounts are given to families with more than one child enrolled.

CLASS	CLASS FEE	AGE	LENGTH	MON	TUES	WED	THURS	FRI	SAT
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	\$63.00	12 -18 Months	30 Min	6:00 PM				9:30 AM	
BUMBLEBEES	\$73.00	18 Months - 2 1/2 Years	45 Min	9:30 AM 4:00 PM	9:30 AM 6:00 PM	10:30 AM 6:00 PM	10:30 AM 5:00 PM		9:00 AM
CATERPILLARS	\$73.00	2 1/2 - 3 1/2 Years	45 Min	10:30 AM 6:00 PM	10:30 AM 5:00 PM	5:00 PM	6:00 PM	10:30 AM	10:00 AM
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>	\$73.00	3 - 4 Years	45 Min	10:30 AM 5:00 PM	9:30 AM 4:00 PM	9:30 AM 4:00 PM	10:30 AM 5:00 PM	9:30 AM	9:00 AM
DRAGONFLIES	\$73.00	4 - 5 Years	45 Min	9:30 AM 4:00 PM 5:00 PM	10:30 AM 5:00 PM 6:00 PM	10:30 AM 5:00 PM	9:30 AM 4:00 PM	10:30 AM	9:00 AM
LADYBUGS (GIRLS) <i>MainGym</i>	\$93.00	5 - 6 Years	60 Min	5:15 PM	6:30 PM		4:00 PM 6:30 PM		10:15 AM
GRASSHOPPERS (BOYS) <i>MainGym</i>	\$93.00	5 - 7 Years	60 Min		4:00 PM	6:30 PM			10:15 AM
RHYTHMIC CLASSES									
<i>For everyone who loves dance and gymnastics! Rhythmic combines gymnastics, dance, and rhythmic equipment like hoops, balls, and ribbons.</i>									
RHYTHMICS BUGS	\$73.00	3 - 5 Years	45 Min			4:00 PM			9:00 AM
RHYTHMIC STARS	\$93.00	4 Years +	60 Min			5:15 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	\$93.00	6 - 8 Years	60 Min	4:00 PM	5:15 PM	6:30 PM	4:00 PM		9:00 AM
GIRLS NOVICE 2**	\$93.00	6 - 8 Years	60 Min	4:00 PM	4:00 PM 6:30 PM	5:15 PM	5:15 PM		10:15 AM
GIRLS NOVICE 9+	\$93.00	9 Years +	60 Min	6:30 PM					
GIRLS NOVICE STARS**	\$93.00	6 Years +	60 Min	5:15 PM	5:15 PM	4:00 PM	4:00 PM 6:30 PM		10:15 AM
GIRLS INTERMEDIATE**	\$128.00	6 Years +	90 Min	4:30 PM			4:30 PM		
GIRLS ADVANCED** <i>2 x per week recommended</i>	\$128.00	6 Years +	90 Min	4:30 PM			4:30 PM		
TEENS	\$93.00	12 Years +	60 Min		6:30 PM				
BOYS NOVICE	\$93.00	7 Years +	60 Min		5:15 PM		6:30 PM		9:00 AM
BOYS TRAMP & TUMBLING	\$93.00	6 Years +	60 Min			5:15 PM			
TRAMP & TUMBLING 1 Boys and Girls	\$93.00	6 Years +	60 Min	5:15 PM		4:00 PM	5:15 PM		9:00 AM
TRAMP & TUMBLING 2** Boys and Girls	\$93.00	6 Years +	60 Min		5:15 PM				10:15 AM
TRAMP & TUMBLING 3** Boys and Girls	\$93.00	6 Years +	60 Min	6:30 PM	5:15 PM		5:15 PM		
TRAMP & TUMBLING 4** Boys and Girls	\$93.00	6 Years +	60 Min			6:30 PM			
HOMESCHOOL GYMNASTICS									
<i>Classes for homeschool families who can enjoy gymnastics instruction during the afternoon. Accommodates multiple children in each family.</i>									
HOMESCHOOL BUGS	\$73.00	4 - 6 Years	45 Min				2:45 PM		
HOMESCHOOL STARS	\$93.00	6 Years +	60 Min				2:30 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	\$93.00	4 - 6 Years	60 Min			5:00 PM	5:00 PM		
JR. ACR0	\$57.60 monthly	7 Years +	120 Min	6:00 PM		6:00 PM			
OPEN GYM									
BUG TIME OPEN GYM Ages: 12 Months to 5 Years <i>Pay as you attend</i> Members: \$3.00 Non-Members: \$4.00 Adult must accompany child, no more than 2 children per adult over 18 years old		1 - 6 Years	60 Min	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM
OPEN GYM Ages: 6 Years and up <i>Pay as you attend</i> Members: \$5.00, Non-Members: \$6.00		6 Years +	90 Min						12:30 PM
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**