

# Summer 2009 • 1st grade and up gymnastics, tumbling and fitness

June 22 - August 27



## MONDAY

5:30 pm Beginning Girls  
 5:30 pm Girls Intermediate  
 5:30 pm T&T Level 1  
  
 6:30 pm Beginning Girls  
 6:30 pm Girls Advanced\*  
 6:30 pm T&T Level 3  
  
 7:30 pm Drop-In Tumble

## TUESDAY

10:30 am Beginning Girls  
 10:30 am Girls Intermediate  
 10:30 am T&T Level 1  
 11:30 am Beginning Girls  
 11:30 am Girls Intermediate  
 11:30 am T&T Level 2  
  
 4:30 pm Beginning Girls  
 4:30 pm Boys 1  
 5:30 pm Beginning Girls  
 5:30 pm T&T Level 1  
 5:30 pm Boys 2  
 5:30 pm Prep-Opt\*\*  
  
 6:30 pm Girls Intermediate  
 6:30 pm T&T Level 3  
 6:30 pm Boys 3

## WEDNESDAY

10:30 am Beginning Girls  
 10:30 am Girls Intermediate  
 10:30 am T&T Level 3  
 11:30 am Beginning Girls  
 11:30 am Girls Intermediate  
 11:30 am T&T Level 2  
  
 5:30 pm Beginning Girls  
 5:30 pm Girls Intermediate  
 5:30 pm T&T Level 2  
 6:30 pm Beginning Girls  
 6:30 pm Girls Advanced\*  
 6:30 pm T&T Level 1

## THURSDAY

10:30 am Beginning Girls  
 10:30 am Girls Intermediate  
 10:30 am T&T Level 2  
 11:30 am Girls Intermediate  
 11:30 am Girls Advanced\*  
 11:30 am T&T Level 1  
  
 5:30 pm Beginning Girls  
 5:30 pm Girls Intermediate  
 5:30 pm T&T Level 1  
 5:30 pm Boys 1  
 5:30 pm Prep-Opt\*\*  
 6:30 pm Beginning Girls  
 6:30 pm Girls Intermediate  
 6:30 pm T&T Level 2  
 6:30 pm Boys 2



## SUMMER FLEX SCHEDULE

**Back by popular demand.....**  
 We will hold 10 weeks of summer classes. You choose your class, how many weeks you would like, and simply come that many times this summer - it is that easy!

For example: sign up for 6 weeks of Wednesday 10:30 am and you will come to your designated class ANY 6 times during June 22 - August 27. You do not even have to let us know which weeks you will attend. This allows for vacations and impromptu sunny day play dates.

### MAKE UP POLICY

NO MAKE UP'S IN THE SUMMER

\*80-minute class  
 (Girls Advanced & T&T PreTeam)

Call office for drop-in punch card pricing.

All classes are subject to change. Please call for exact availability!

**please read additional information on back**

**GIRLS GYMNASTICS** (going into 1st grade & up w/ pre-approval)  
 Bars, Beam, Vault, Floor

**Beginning:** Beginners' work on vault, bars, beam, floor, and trampoline. Basic terms, positions, and more. (50 min)

**Intermediate (formerly Girls 1 & 2):** Must have a bridge kick-over, a pullover on bars and a cartwheel on beam. Students will begin using their skills to develop routines. Must have completed Beginning Girls or Evaluation. (50 min)

**Girls Advanced:** By invitation only. For gymnasts tracking toward competitive team. Lesson plans will focus on strength and conditioning while training USAG skills. *recommended 2 days/week.* (80 min)

**\*\*PREP-OPT** (call for evaluation). Recreational gymnastics but you still get to compete! For the gymnast who just LOVES the gym. 5.5 hrs/week. Call for pricing, details, and evaluation placement.

**BOYS GYMNASTICS** Train skills on the floor exercise, p-bars, high bar, vault, still rings and pommel horse, with additional skills on trampolines.  
 Boys 1: ages 5-6. Boys 2: ages 7-9 Boys 3: ages 10+

**TRAMPOLINE & TUMBLING (TNT)** Safe progressions for trampoline, mini-tramp and floor tumbling. A fantastic, FUN sport!

Level 1: Going into 1st grade and up (50 min)

Level 2: All ages. Must have a solid BRIDGE KICKOVER (50 min)

Level 3: All ages. Must have a solid BACK HANDSPRING (50 min)

T&T Pre-Team: Ages 5-8 by invitation only - pre-competition level (80 min)

Drop-In: Going into 3rd grade & up (60 min)

## summer FLEX tuition

June 22 - August 27

**Registration Fee:**  
 Waived for Summer

### Refund policy:

If within your child's first 30 days at Bounce you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for your entire first term. If after your child's first 30 days at Bounce you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits are processed within 30 days of written cancellation. Absolutely NO refunds on punch cards (Open Gym, Drop In, Private/Semi Lessons, and Rec Team Optional). Please see office staff for account credit details.

	1 day/wk 50 min	2 day/wk 50 min	1 day/wk 80 min	2 days/wk 80 min
6 weeks	\$75	\$125	\$105	\$176
8 weeks	\$99	\$158	\$132	\$226
10 weeks	\$120	\$195	\$155	\$270

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 Please call for exact availability!

**please read additional information on back**

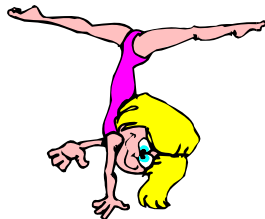
810.632.7222 ext 25

www.hartlandsportscenter.com

**bounce**  
 DANCE • GYMNASTICS • CHEER

# Summer 2009 • 1st grade and up gymnastics, tumbling and fitness

June 22 - August 27



## boys gymnastics

Director: Jonathan Conrad  
Owner

### The Program:

Students gain strength in the upper body, lower body, core and also enhance their agility, balance, overall coordination and their confidence. Bounce builds strong boys!

## girls gymnastics

Director: Claudia Korchnak

### The Program:

We take great pride in providing a safe and fun environment to teach fantastic, fun, gymnastics. We provide you regular training feedback, and provide students a curriculum that enhances their upper, lower-body and core strengthening, balance, agility, and overall confidence!

## trampoline & tumbling

Director: Claudia Korchnak

### The Program:

Learn all about this new Olympic sport on the tumbling floor, double-mini trampoline and in-ground trampolines. Great for the student who just wants to learn how to flip and cheerleaders!

## fitness

### The Program:

Strength, flexibility, coordination, and conditioning are showcased during every fitness class at Bounce. From kids to adults Bounce offers a wonderful array of fitness classes.



### How to register:

Call the gym with your preferred day and time and register with a credit card.

All families are encouraged to enroll as soon as you choose your preferred day and time.

CALL 810-632-7222 ext 25  
www.hartlandsportscenter.com

## general info:

### Attire:

Girls: leotards, hair pulled back, off face & shoulders, barefoot.

Boys: shorts and tucked-in t-shirt, barefoot

TnT: same attire as above, and socks

### Other:

- All participants must have a parent-signed release form on file to participate in class.
- If your child is over 6, you may leave the gym during class time, as long as the staff has an up-to-date cell phone number
- Children are to be picked up promptly at the end of class
- Tuition must be paid in full prior to enrollment
- Children should place their belongings in cubby holes upon entering gym
- Children must wait on the benches until their coach calls their class to the gym area
- Children are not allowed to be in the gym area when they are not in a supervised class.

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