

Dynamix Gymnastics 2021-2022

September 13th - June 18th

Gymnastics Classes (Girls & Boys)

Class Type	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
You and Me ages 16mon-up to 3yrs			6:15-7:00pm	9:45-10:30am		
Pre Gym age 3-5	2:00-3:00pm (ages 4-5) 4:30-5:30pm (ages 3-4) 4:30-5:30pm (ages 4-5) 5:30-6:30pm (ages 3-4) 5:30-6:30pm (ages 4-5) 6:30-7:30pm (ages 3-4) 6:30-7:30pm (ages 4-5)	9:30-10:30am (ages 3-4) 10:30-11:30am (ages 4-5) 11:30am-12:30pm (ages 4-5) 1:00-2:00pm (ages 4-5) 2:00-3:00pm (ages 4-5) 4:15-5:15pm (ages 4-5) 5:15-6:15pm (ages 3-4) 5:15-6:15pm (ages 4-5) 6:15-7:15pm (ages 3-4) 6:15-7:15pm (ages 4-5)	11:45am-12:45pm (ages 3-4) 12:45-1:45pm (ages 4-5) 4:00-5:00pm (ages 3-4) 4:00-5:00pm (ages 4-5) 5:00-6:00pm (ages 3-4) 5:00-6:00pm (ages 4-5)	10:45-11:30am (age 3) 12:45-1:45pm (ages 4-5) 4:15-5:15pm (ages 3-4) 4:15-5:15pm (ages 4-5) 5:15-6:15pm (ages 3-4) 5:15-6:15pm (ages 4-5) 6:15-7:15pm (ages 3-4) 6:15-7:15pm (ages 4-5)	5:30-6:30pm (ages 4-5)	8:45-9:45am (ages 3-4) 8:45-9:45am (ages 4-5) 9:45-10:45am (ages 3-4) 9:45-10:45am (ages 4-5) 9:45-10:45am (ages 4-5) 10:45-11:45am (ages 3-4) 10:45-11:45am (ages 4-5) 11:45am-12:45pm (ages 4-5)
Girls Division 1 ages 5+	4:15-5:15pm (ages 5-6) 4:45-5:45pm (ages 5-6) 5:15-6:15pm (ages 6-7) 5:45-6:45pm (ages 6-7) 6:00-7:00pm (ages 6-7) 6:15-7:15pm (ages 5-6) 6:30-7:30pm (ages 6-7)	4:15-5:15pm (ages 6-7) 5:00-6:00pm (ages 5-6) 6:00-7:00pm (ages 6-7) 6:30-7:30pm (ages 5-6) 7:00-8:00pm (ages 8+) 7:15-8:15pm (ages 6-7)	1:45-2:45pm (ages 5-6) 4:00-5:00pm (ages 5-6) 4:45-5:45pm (ages 6-7) 5:00-6:00pm (ages 5-6) 6:00-7:00pm (ages 6-7) 6:00-7:00pm (ages 8+) 7:00-8:00pm (ages 6-7)	5:00-6:00pm (ages 5-6) 5:45-6:45pm (ages 8+) 6:00-7:00pm (ages 5-6) 6:15-7:15pm (ages 6-7) 7:00-8:00pm (ages 6-7)	4:30-5:30pm (ages 5-6) 5:30-6:30pm (ages 6-7)	9:00-10:00am (ages 5-6) 10:00-11:00am (ages 6-7) 10:30-11:30am (ages 5-6) 10:45-11:45am (ages 8+) 11:30am-12:30pm (ages 6-7)
Girls Division 2 age 6+	4:30-5:30pm (ages 6-7) 5:30-6:30pm (ages 8+) 6:15-7:15pm (ages 6-7) 6:45-7:45pm (ages 6-7) 7:15-8:15pm (ages 8+)	4:00-5:00pm (ages 6-7) 4:45-5:45pm (ages 8+) 5:00-6:00pm (ages 6-7) 5:30-6:30pm (ages 6-7) 6:00-7:00pm (ages 8+)	4:15-5:15pm (ages 6-7) 5:45-6:45pm (ages 6-7) 6:15-7:15pm (ages 8+) 6:45-7:45pm (ages 6-7) 7:00-8:00pm (ages 8+)	4:00-5:00pm (ages 6-7) 5:15-6:15pm (ages 6-7) 7:00-8:00pm (ages 10+) 7:15-8:15pm (ages 6-7) 7:15-8:15pm (ages 8+)		9:00-10:00am (ages 6-7) 11:00am-12:00pm (ages 6-7) 11:45am-12:45pm (ages 8+)

Tumbling Classes (Co-ed)

Tumbling Classes	7:00-8:00pm Int (ages 5-6) 7:00-8:00pm Int (ages 7+)	4:30-5:30pm Beg (ages 5-8) 7:15-8:15pm Adv (ages 7+)				
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Gym Ninja Classes (Boys & Girls)

Boys ages 5+	1:00-2:00pm (ages 4.5-6) (Coed) 5:00-6:00pm (ages 7+) 6:00-7:00pm (ages 5-6)	5:45-6:45pm (ages 7+)	4:30-5:30pm (ages 5-6) 5:30-6:30pm (ages 5-6) 6:30-7:30pm (ages 7+)	5:00-6:00pm (ages 5-6) 6:00-7:00pm (ages 7+) 7:00-8:15pm Advanced (ages 7+)		
Girls ages 6+	1:00-2:00pm (ages 4.5-6) (Coed)	4:45-5:45pm (ages 7+)				

Invitational Gymnastics Classes (Girls)

Must be recommended by instructor

Girls Division 3 ages 6+	4:45-5:45pm (ages 8+) 5:15-6:15pm (ages 6+) 5:45-6:45pm (ages 8+) 6:15-7:15pm (ages 6+) 7:15-8:15pm (ages 6+)	4:30-5:30pm (ages 8+) 5:15-6:15pm (ages 6+) 5:45-6:45pm (ages 6+) 6:00-7:00pm (ages 8+) 7:00-8:00pm (ages 10+)	4:30-5:30pm (ages 6+) 5:15-6:15pm (ages 8+) 6:00-7:00pm (ages 6+) 7:00-8:00pm (ages 8+)	5:00-6:00pm (ages 6+) 6:00-7:00pm (ages 6+) 6:45-7:45pm (ages 6+) 7:00-8:00pm (ages 8+)		10:00-11:00am (ages 6+)
Div 4 Prep ages 6+	4:30-6:00pm 6:00-7:30pm	4:30-6:00pm 6:45-8:15pm	5:30-7:00pm	6:30-8:00pm	5:00-6:30pm	
Girls Division 4 & 5 ages 6+	4:15-6:15pm (Div 4) 6:00-8:00pm (Div 4)	6:15-8:15pm (Div 4)	4:45-6:45pm (Div 5) 5:00-7:00pm (Div 4)	5:45-7:45pm (Div 4)	4:30-6:30pm (Div 4)	
Hotshots ages 5-8		5:30-7:15pm				
Supertots ages 3-5	4:45-6:00pm					

Schedule Subject to change



info@dynamixgymnastics.com/215-757-0111



2021-2022 Program Information

September 13-June 18

Season is ongoing Sept through June; enrollment is ongoing throughout the year.

Class registration must be done online from our website.

No Classes: Nov 2, Nov 11, Nov 24-27, Dec 22-Jan 1, Jan 17, Feb 21, April 11-16, May 17, May 27-31

Annual Membership Fee: *(Due on anniversary month)*

All students must be Members in order to enroll in class.

One child: \$30/year Family Rate (two or more): \$50/year

Monthly Tuition for Classes:

ALL FEES ARE DUE BY THE 15th OF EACH MONTH

Multi-child/multi-class discount: 10% off class of equal or lesser value.

Class	1 class per week	2 classes per week
Pre Gym and You & Me		
Division 1, 2, & 3	\$85.00/month	\$161.50/month
Gym Ninja & Tumbling		
Adv. Gym Ninja & Supertots	\$120.00/month	
Division 4 Prep	\$125.00/month	\$237.50/month
Hotshots	\$135.00/month	\$256.50/month
Division 4 & 5	\$160.00/month	\$304.00/month

Make Up / Attendance Policy: Gymnasts MUST be called out absent prior to their scheduled class to be eligible to make up a missed class. Active gymnasts (ages 5+) can make up one missed class every eight weeks in Open Gym, gymnasts under 5 years of age will be scheduled in an open Pre Gym class. Make ups must be scheduled through the front desk, gymnasts must be actively enrolled in class to schedule make up classes. Unused make up classes expire eight weeks after the missed class. We DO NOT CREDIT/REFUND for missed classes. NOTE: Make-ups will not be permitted for scheduled holidays.

Payment Policies: ALL FEES ARE PER MONTH AND CHARGED ON THE 15TH OF THE MONTH (for the following month). Dynamix Gymnastics averages tuition based on a four-week month. There are several times during the course of a year where the student will receive 5 weeks of classes during a month and there is no additional charge. There will also be months that due to holiday, or gym programs that the student will only receive 3 weeks of lessons. (Make-ups will not be permitted for scheduled holidays). A credit/debit card on file is required and will be charged on the 15th of each month, you may pay by cash or check (at front desk) by the 14th of the month. ANY REFUNDS OR CREDITS WILL BE CHARGED A \$15 PROCESSING FEE.

Late Policy: IF A CHARGE IS DECLINED OR CANNOT BE PROCESSED, A LATE FEE OF \$15 WILL BE ADDED TO YOUR ACCOUNT. Late fees will be strictly enforced. Return check fee is \$25. If payments are not made by the 20th of the month, this will result in the child being dropped from class.

Gymnastics Classes: (Girls & Boys)

YOU & ME

Ages: walker to 3

Children will explore gymnastics equipment in a safe environment under the supervision of a gymnastics instructor. Participation is encouraged and guided by a parent. This class is a wonderful opportunity for parents and children to spend time together, while learning new gross motor skills and also offering a place for the children to socialize. These children will begin to learn their basic gymnastics positions through music, games, and use of manipulative. **Only the registered child may participate, no siblings.**

(Parent participation required)

PRE GYM 3-5

Age: 3, 4, *5

In this class we encourage parents to allow the relationship between the instructor and the child to develop. Parents are more than welcome to observe through the lobby. We will open your child's eyes to hundreds of new ways to move, swing, roll, bend, and balance their bodies. These gymnasts will become comfortable with gymnastic positions, skills and apparatus while having FUN! Students must have reached their 3rd birthday and be completely potty-trained in order to register. *Students who are 5 may be recommended for a Divisional Class by Coach.

DIVISION 1

Ages 5-6, 6-7, 8+, & 10+

A Division 1 class is designed for children 5 years and older who are new to the sport of gymnastics. This program will teach basic gymnastics skills on Balance Beam, Floor Exercise, Uneven Bars, Vault and Trampoline/Tumble Track. Gymnasts will become comfortable with beginner gymnastics positions and skills.

DIVISION 2

Ages 6-7, 8+, & 10+

A Division 2 class is designed for children who have taken gymnastics for at least one year. These children are comfortable with their basic positions and skills and have a basic understanding of each piece of equipment. In this class, gymnasts will continue to train their basic skills and begin to add more difficult requirements to their mastered skills. Examples of necessary skills are a backward roll, handstand, and cartwheel.

Gym Ninja Classes: (Girls & Boys)

GYM NINJA

Ages 5+

Gym Ninja is a class designed to build, strength, coordination and agility through gymnastics tumbling as well as obstacle courses. This class will concentrate on basic Floor tumbling, with Tumble Track and Trampoline added to enhance tumbling skills. These skills will then be incorporated into "Ninja" obstacle courses which will change each week.

ADVANCED GYM NINJA (Invitation only).

Ages 7+

This class will take Gym Ninja to the next level, with advanced tumbling, trampoline and obstacle courses.

Tumbling Classes: (Co-ed)

BEGINNER TUMBLING

Ages 5+

Must understand how to do a cartwheel and bridge up with straight arms.

INTERMEDIATE TUMBLING

Ages 5+

Must have an unassisted bridge kickover on floor and master a cartwheel.

ADVANCED TUMBLING

Ages 7+

Must have an unassisted standing back handspring on floor.

Tumbling program is designed for the more serious gymnasts or cheerleaders interested in improving their tumbling skills on the Floor and Trampoline. Students will work on basic floor skills to continue strengthening their bodies, as well as the essential tumbling skills for cheerleaders such as back handsprings and round-offs (when ready).

EVALUATIONS: Children ages 6+ that have attended formal gymnastics classes in the past; contact the front desk to schedule your child's evaluation. Children that do not have formal gymnastics experience should start in a Division 1 class.

Invitational Classes: (Girls)

DIVISION 3

Ages 6+, 8+, & 10+

This class is designed for students who show great improvement in strength and flexibility, enabling them to master their basic skills. These gymnasts will begin to increase their strength and flexibility in order to introduce drills for more advanced skills. It will take 1 or more years to complete the requirements of Division 3. Examples of necessary skills are a bridge kickover, mastered handstand, and pull-over on Bars.

DIVISION 4 PREP

Ages 6+

This class is designed for students who have mastered their basic skills through strength, flexibility, form, and technique. These gymnasts will learn intermediate skills on all Olympic events. In this class gymnasts will prep for moving up to Division 4. Examples of necessary skills are back bend, back hip circle on bars, and a handstand on low beam.

DIVISION 4

Ages 6+

Gymnasts will work on intermediate through advanced skills. Must be evaluated or recommended by an instructor to enroll in this class. It will take most gymnasts 1 or more years to complete the requirements. Some examples of necessary skills are a front limber, back hip circle on bars, and handstand on high beam.

DIVISION 5

Ages 6+

Must have completed at least 1 year of Division 4. Must be recommended by an instructor to enroll in this class. Example of necessary skill is a standing back handspring.

SUPERTOTS

Ages 3-5

HOTSHOTS

Ages 5-8

Additional Programs: (Co-ed)

KIDS NIGHT OUT *(3rd Sat of the month)*

6:00-9:00pm Ages 5+

Nov 21 Dec 19 Jan 16 Feb 20 March 20 April 17 May 15

Members \$30/ Non-members \$40 (\$5 off multi child discount)

CLINICS *(see event calendar for details)*

12:30-1:30pm Ages 6+

Oct 9 Dec 4 Jan 22 Feb 26 March 26 April 23 May 14

Members \$25/ Non-members \$35

Pre-registration required.

OPEN GYM

Friday 6:30pm-8:00pm Ages 5+

Get the kids out of the house and into the gym! Open Gym is a supervised unstructured program, students may go on equipment that is available and work the skills of their choice.

Members \$12/ Non-members \$18 *Pre-registration recommended, limited space.*

HOMESCHOOL *(1st Thurs of the month)*

12:45pm-2:00pm Ages 5+

Homeschool gymnastics offers families an alternative to your child's physical education classes. Elements from all gymnastic events are available in an open gym format. This program offers overall body fitness, coordination development, and helps build confidence. This program is for gymnasts from beginner to advanced.

Members \$15/ Non-members \$20

Pre-registration required.

PLAY GROUP

Wednesday 10:00am-11:00am Ages 2-5

Playgroup is an hour-long session where parents can bring their child to the gym for open play. Parents must be with their child at all times. There will be different implements set out each week for the children, guided by their parents.

Members \$5/ Non-members \$8

Pre-registration not required.

181 Wheeler Court, Suite C, Langhorne, PA 19047

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www.dynamixgymnastics.com