



"Where every kid is a Champion"

Jr. Trainers

Our Jr. Trainers program is a stepping stone into our team program. These are non-competitive levels. Placement in our Jr. Trainer program is determined after careful evaluation and consideration by our professional coaching staff. The focus of these groups is to provide a sound foundation of gymnastics while emphasizing strength, flexibility, correct form and proper technique.

Pre-Team Philosophy

The philosophy of our pre-team program is to provide athletes who possess ability, will, and desire, the opportunity to achieve their highest individual potential in a safe, fun, and positive learning environment. In addition to our concern for each child's physical development, we also seek to develop each child's self-discipline, responsibility, self-confidence, and self-image.

Schedule: 2009-2010

Jr. Trainers: Monday & Wednesday

4:00-5:00

5:00-6:00

Pre-Team: Monday & Wednesday

6:00-8:00

Pricing

Jr. Trainer: \$168.00

Annual Registration Fee: \$40.00

Class run on the 8 week session

Pre-Team: \$155.00

Annual Registration Fee: \$75.00

Payment due monthly