

Summit Gymnastics
74 W. Montgomery Crossroads
Savannah, GA 31406

Winter/Spring 2009



Providing
Excellence in
Gymnastics
Instruction

Phone: (912) 921-1034
Email: summitgymnastics@yahoo.com



Summit Gymnastics is dedicated to producing top-quality gymnasts by providing a safe and productive work environment that enhances physical and mental well-being. Our positive, challenging and motivational atmosphere will encourage gymnasts to make meaningful commitments to the sport of gymnastics. Summit Gymnastics will help gymnasts achieve their ultimate goal – to reach their fullest personal potential, both mentally and physically, within the sport of gymnastics. Summit Gymnastics sees gymnastics excellence as the most effective means towards success.

SUMMIT FUN CONTINUES!

Parent's Night Out:

Drop off the kids at 6:00 pm and pick up at 11:00 pm. Kids get supervised gym time with fun games, pizza & more!
Reservations required.
Held the last Friday of each month, Dates to be posted in the gym.
Cost: \$20 for members
\$15 for team members
\$25 for non-members

Birthday Parties!

What better way to celebrate a birthday then with a gymnastics birthday!
Parties consist of 45 minutes of gym time with an instructor and 45 minutes for cake & presents.
Cost: \$100 for up to 10 kids
\$10 for each additional child
Call today to reserve your day and time!

Preschool Classes:

Ages 3 to 6



Mommy & Me 50- minute class
Parents participate with their toddlers (ages 18 months - 3 years) where focus is on the development of movement, coordination, and local motor skill progression. Music and obstacle courses are incorporated to ensure everyone has fun while learning. Come join the fun!
Monday: 10:30 - 11:15 am
Tuesday: 5:00 - 5:50 pm

3, 4, & 5-Year Olds: 50-minute class
These classes are designed to introduce and develop gymnastics skills for both boys and girls. The classes use music and props to engage the children and make the classes fun. We develop trusting relationships with coaches, while building self-confidence, movement coordination, and body awareness.

3-5 Year Olds:
Mon & Wed 1:00-1:50
Saturday 9:00-9:50

3 Year Olds
Tuesday 6:00-6:50
Wednesday 4:00-4:50

4 Year Olds
Tuesday 6:00-6:50
Wednesday 5:00-5:50

5 Year Olds
Tuesday 4:00-4:50
Wednesday 6:00-6:50

Advanced Pre-School Classes:

These pre-school classes involve advanced skill progression leading towards a team spot. Classes are by invitation only.

Super 3's: Thursday 4:00-4:50
Super 4's: Thursday 5:00-5:50
Super 5's: Thursday 6:00-6:50

NEW! Dance/Gymnastics: 50-min class
These classes will o introduce and develop skills in dance and gymnastics. The first 25 minutes will introduce ballet, jazz and modern dance. The last 25 minutes will focus on gymnastics skills.

3 yr olds Monday 4:00-4:50
4 yr olds Monday 5:00-5:50
5 yr olds Monday 6:00-6:50



TUMBLING CLASSES:

Ages 6 & Up
Beginner, Intermediate & Advanced
60-minute class

These classes focus on tumbling skills, strength and flexibility. The Beginner class works up through the standing back handspring. It is great for "fixing" bad habits and learning proper technique. The Intermediate class focuses on developing skills further and teaches up through the round-off back handspring. The Advanced class (instructor approved) works standing back& front tucks, etc.

Beginner Tumbling:
Tuesday 6:00-7:00
Thursday 4:30-5:30
Intermediate Tumbling:
Tuesday 5:00-6:00
Thursday 5:30-6:30
Advanced Tumbling:
Tuesday 7:00-8:00

RECREATIONAL CLASSES:

GIRLS: AGES 6 & UP

60-minute class
These classes introduce and work to master the four women's competitive events: vault, bars, beam, and floor. USAG Level 1 skills are taught within these classes. There is concentration on strength, flexibility, and body awareness.

Level 1A:
Monday 4:00-5:00, 5:00-6:00, 6:00-7:00
Tuesday 2:45-3:45 & 6:30-7:30
Wednesday 5:00-6:00, 6:00-7:00
Saturday 10:00-11:00

BOYS: AGES 6 & UP

This class will work on the following men's competitive events: bars, floor, vault, and rings. Concentration on strength and flexibility, as well as body awareness.

Monday 4:00-5:00

ADULT: AGES 18 & UP

This class is designed to allow freedom to work skills you want to work on. It will incorporate strength training as well as flexibility.

Wednesday 8:00-9:00

Session Dates & Fees Winter/Spring 2009

Session 1: January 5th to March 1st
Holidays: Jan 21st: Martin Luther King Day
Session Make up Day: Saturday, Feb 21st

Session 2: March 2nd to April 26th
Holidays: April 10th and 11th: Easter Holiday
Session Make up Day: Saturday, April 18th

Session 3: April 27th to June 21st
Holidays: May 25th: Memorial Day
Session Make up Day: Saturday, June 20th
Special Dates: May 18th-22nd: Parent's Week

Program Costs

Fees are based on an 8-week class session. Fees are due in week one of each session. Students are automatically rolled over into the next session as long as payment for the next session is made by week one. Anyone behind on payments will risk losing their child's spot in their class. There is a \$15 late fee applied for any class not paid by week one of the session.

	1 day/wk	2 days/wk
✓ Pre-School		
Mommy & Me	\$105	\$189
3, 4, 5 Yrs.	\$105	\$189
✓ Recreational	\$130	\$234
✓ Tumbling	\$130	\$234

Yearly Registration Fee:

There is a yearly registration fee of \$50 for each child due when you sign up for your first class.

Discounts:

We give a 15% sibling discount for the 2nd child and each subsequent child registering for classes and registration fees.