

CLASS SCHEDULE

Tennessee Gymnastics Athletic Center



3511 Hwy 31 W White House, TN 37188

Classes with an Asterisk are Invite only*

Girls Recreational Gymnastics

This class is offered to girls ages 6 to 13 and consists of beginner, intermediate, and advanced gymnastics skills. The athletes will be developing skills for the four Olympic women's gymnastics events (Uneven Bars, Balance Beam, Vault, and Floor Exercise) as well as additional events (Trampoline, Tumble Track, etc.). Classes will include exercises and strength stations geared towards building total body strength that will better prepare them for a future in gymnastics as well as other sports.

MONDAY	TUESDAY	THURSDAY	SATURDAY
4:15 – 5:15	4:15 – 5:15	4:15 – 5:15	9:00-10:00
5:30 – 6:30	5:30 – 6:30	5:30 – 6:30	
	6:45 --7:45		
*INT Girls 4:15 – 5:30	*INT Girls 4:15 – 5:30		
*INT Girls 6:45 – 7:45	*Adv Girls 6:30-8:00		

Ages 6y-13y

Tumble

This class is offered to boys and girls ages 8 through high-school. Athletes will develop tumbling skills ranging from beginner to advanced on tumbling specific events only (Spring Floor, Tumble Track, Trampoline, Etc.) and is great for individuals seeking to fine tune tumbling skills for cheerleading as well as those who would just prefer to focus on their tumble skills. Skills include handstands, cartwheels, round-offs, back handsprings, back tucks, etc.

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
			*ADV 4:15-5:15
6:45 – 7:45	6:45 – 7:45	*Beg/Int (Ages 13-18yr) 6:45-7:45	

Homeschoolers

This class is offered to boys and girls ages 6 to 13 and consists of beginner, intermediate, and advanced gymnastics skills. Classes will include exercises and strength stations geared towards building arms, core, and total body strength that will better prepare them for a future in gymnastics as well as other sports.

THURSDAY
2:30-3:30 (not offered over the summer)

Ages 6y-13y

Gym Warriors Gymnastics

This class is offered to **boys** ages 6 to 13 and consists of beginner, intermediate, and advanced gymnastics skills. The athletes will be developing skills for the six Olympic men's gymnastics events (High Bar, Rings, Parallel Bars, Pommel Horse, Floor Exercise, and Vault) as well as additional events (Trampoline, Tumble Track, etc.). Classes will include exercises and strength stations geared towards building arms, core, and total body strength that will better prepare them for a future in gymnastics as well as other sports.

MONDAY	TUESDAY	THURSDAY
4:15 – 5:15	4:15 – 5:15 Junior Warriors Ages 3-5	4:15 – 5:15
5:30 – 6:30	5:30 – 6:30 Junior Warriors Ages 3-5	*Int 5:30-6:30 (Invite only)

Ages 6y-13y

Pre-School Recreational Gymnastics

This class is offered to boys and girls ages 3 to 5 and is designed to improve body awareness, motor skills, eye-hand coordination, and following instructions (such as waiting their turn), while introducing and developing basic gymnastics skills. Activities include tumbling, low bar, low beam, mini parallel bars, trampoline, and tumble track.

This class helps prepare your young child for school and future athletic endeavors.

MONDAY	TUESDAY	THURSDAY	SATURDAY
	3:00-4:00		9:00 -10:00
4:15 – 5:15	4:15 – 5:15	*Mighty's 4:15-5:30	
5:30 – 6:30	5:30 – 6:30	4:15 – 5:15	
6:45 – 7:45	*Mighty Minis 5:30-6:30	5:30 – 6:30	
	*Adv 6:45-7:45	6:45 -- 7:45	

Ages 3y-5y

Parent | Child

This interactive class is offered to parents and their young children (boys and girls), ages 12 to 36 months. Activities are designed to promote body awareness, motor skills, eye-hand coordination, and following instructions in a fun and exciting environment.

Wednesday

10:00-11:00

Ages 12mo – 36mo

CLASS SCHEDULE



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3511 Hwy 31 W White House, TN 37188

Phone: (615) 465-0300 E-Mail: flipintotgac@gmail.com Website: www.TNgymnastics.com Facebook: www.facebook.com/TNGymnastics

Summer Camp

Early Bird Special Available Until May 1st

Daily or Weekly Enrollment Options

Extended Care Options

Activities Include Inflatable Water Slide, Obstacle Courses, Space Ball, and Much More!

Hours: 9am-3pm

Daily Rate \$35

Weekly Rate \$135 | Sibling Discount \$125

***Early Bird Locks in Weekly Rate of \$125**

Extended AM Care \$5 | Extended PM Care \$10

Early Bird Special: Enroll and pay for at least one full week before May 1st and you lock in the discounted rate for the WHOLE SUMMER!

Busy Bees August 2024- May 2025

Our Busy Bees program is primarily centered on recreational activities utilizing our gym equipment to make sure your kids are getting plenty of exercise during their stay. Activities will also include arts and crafts to help encourage each child's creativity. We will be focusing on fundamental skills that are essential to every child's development including communication, hand/eye coordination, sharing our ideas, and waiting our turn.

Tuesdays and Thursdays 9:00am-3:00pm

\$40 registration Fee (waived for students)

\$280/month (2 days/wk)

\$140/month (1 day/wk)

Birthday Parties

Saturdays- Ages 4 and up

Birthday Parties are 1 hour and 45 minutes

\$25 non-refundable deposit to book

Non-member's price of \$225 covers 1-15 kids (1-10 for 4 years old)

Member's price of \$200 covers 1-15 kids (1-10 for 4 years old)

Note: No children under 4 may go out on the gym floor

Time Slots

1:00-2:45 2:15-4:00 3:30-5:15

Parent's Night Out

Every 1st & 3rd Saturday Pre-registration is \$15

5:30 pm – 9:00 pm

\$20 for drop ins

Potty Trained 3 year olds– 13yr

Enjoy a night out while your kids enjoy theirs!

- **CASH AND CHECKS ONLY FOR WALK INS**
- **MAY USE CARDS OR PAY ONLINE UNTIL 6:00 PM FRIDAY.**

Open Gym

Every 2nd Saturday

Members \$15

6:00 pm – 8:00 pm

Non-Members \$20

Ages 8 – 15

Can't beat this deal!!!

Take advantage of this 2-hour session to work with our coaches on any skills that may need a little extra attention.

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- **MAY USE CARDS OR PAY ONLINE UNTIL 6:00 PM FRIDAY.**

Class Pricing

Monthly Tuition - \$80.00 Sibling Tuition - \$72.00 Annual Registration Fee \$40.00 (Fee is per child and caps at 4 children)