

We define success as personal best!

- **We promote GOOD CHARACTER AND POSITIVE LIFE SKILLS:** Lessons at SGA extend beyond the gym and into life lessons. We actively seek to instill positive character traits and values in our students such as: trustworthiness, respect, responsibility, fairness, caring and citizenship. We teach and foster positive life skills and attitudes, including self-discipline.
- **We provide a SAFE AND CLEAN ENVIRONMENT.** Our gym, bathrooms and all public areas are thoroughly cleaned and disinfected nightly. The facility and the equipment are regularly inspected and maintained to assure safety.
- **We treasure the OPPORTUNITY TO WORK WITH EACH CHILD.** We recognize that every child is unique. It is our goal to make each child, regardless of age or ability, feel special each day they are with us. They will develop not only a stronger, healthier body, but also more self confidence through our fun and exciting programs.

Class Descriptions

| Preschool | Age Range | Duration | Cost |
|--|----------------|---------------|-------------|
| Butterflies | 18 mo - 3 yrs | 45 min. | \$63 |
| Dragonflies | 3 - 4 yrs | 55 min. | \$72 |
| Fireflies (by invitation; 2x per week) | | 55 min. | \$137 |
| Kindergarten | Age Range | Duration | Cost |
| Kinderbugs | Girls - 5 yrs. | 55 min. | \$72 |
| Lightning Bugs | Boys - 5 yrs | 55 min. | \$72 |
| Girls Levels | Age Range | Duration | Cost |
| Level 1/2 - beg. | 6 + | 55 min. | \$72 |
| Level 3 - inter. (2x per week recommended) | | 1 hr 25 min. | \$92 |
| Level 4 - advanced (2x per week) | | 1 hr 25 min. | \$165 |
| Boys Levels | Age Range | Duration | Cost |
| Boys Level 1 | 6 + | 55 min. | \$72 |
| Boys Level 2 | 6 + | 55 min. | \$72 |
| Boys Level 3 | 6 + | 1 hr 25 min. | \$92 |
| Boys Adv. | 8 + | 2 hrs. | \$95 |
| | | (2x per week) | \$155 |
| Open Gym | Age Range | Duration | Cost |
| Indoor PlayPark | 5 and under | 1 hr 30 min | \$6 drop-in |

Class costs are at a per month fee schedule.

10% discount for sibling & multiple classes.

10% Auto Pay Discount

Yearly Registration & Liability fee of \$35.00
(\$60.00 max per family).

2018-2019 Class Schedule



Gymnastics

S- Spectacular Variety
G- Great Coaches
A- Awesome Kids!!



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2018-2019 CLASS SCHEDULE

Class times are subject to change. Please call the gym for class availability, session dates, and holiday closures.

| Preschool | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------|--------------|--------------------|--------------------------------|--------------------|-------------------------------|---------|---------------------|
| Butterflies | 18 mo- 3 yrs | 45 min. | | 9:15 am 4:45 pm | 4:45 pm | | | 9:15 am |
| Dragonflies | 3-4 yrs | 55 min. | 3:45 pm 4:45 pm | 10:00 am 3:45 pm 5:45 pm | 3:45 pm 5:30 pm | 4:45 pm | | 10:00 am |
| Fireflies (by invitation) | | 55 min. | | 3:45 pm | | 3:45 pm | | |
| Indoor PlayPark (Open Gym) | 5 and under | 1 hr 30 min. | 9:00 am | | | 9:00 am | | |
| Kindergarten | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Kinderbugs (Girls) | 5 yrs | 55 min. | 3:45 pm 5:45 pm | 4:45 pm | 3:45 pm | 3:45 pm | | 11:00 am |
| Lightning Bugs (Boys) | 5 yrs | 55 min. | | 3:45 pm | | | | |
| Girls Levels | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Level 1/2 - Beginner | 6 yrs and up | 55 min. | 3:45 pm 4:45 pm | 3:45 pm 4:45 pm 5:45 pm | 4:45 pm | 3:45 pm 4:45 pm 5:45 pm | 2:30 pm | 9:00 am 10:00 am |
| Level 3 - Intermediate 2/week suggested | | 1 hr 25 min. | 4:45 pm | 4:45 pm | 5:45 pm | 4:45 pm | | 11:00 am |
| Level 4 - Advanced 2/week | | 1 hr 25 min. | | 6:00 pm | | 6:00 pm | | |
| Boys Levels | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Boys Beginner Level 1/2 | 6 yrs and up | 55 min. | 3:45 pm | | 3:45 pm 4:45 pm | | | |
| Boys Intermediate Level 3 | 6 yrs and up | 1 hr 25 min | | | 5:45 pm | | | |