



# Three Rivers Gymnastics

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**Summer Sessions: June 1<sup>st</sup> – July 2<sup>nd</sup> & July 13<sup>th</sup> – August 13<sup>th</sup>**

**Registration begins May 4<sup>th</sup> and will continue throughout the summer.**

**Late registrations are accepted and prorated!**

Recreational Classes	Class Code	Day / Class Time	5-week fee
<b>Parent Tot</b> (18mon – 3yrs) This is a parent-assisted class that presents an opportunity for youngsters to learn the basics of gymnastics and develop physical awareness.	PT – 1	Wednesdays 9:30 – 10:15 AM	\$24.50
	PT – 2	Wednesdays 5:45 – 6:30 PM	\$24.50
<b>Tiny Tot</b> (3 – 5 yrs) Tiny tot classes are open to both boys and girls that are beginning gymnastics. They will learn basic gymnastics and body awareness, while building confidence. Children are divided up according to age and skill level within each class.	TT – 1	Mondays 5:00 – 5:45 PM	\$24.50
	TT – 2	Wednesdays 10:15 – 11:00 AM	\$24.50
	(added) TT – 3	Mondays 6:15 – 7:00 PM	\$24.50
	(added) TT – 4	Tuesdays 9:30 – 10:15 AM	\$24.50
<b>Kinder Tot</b> (4 – 5 yrs) Kinder tot classes are open to both boys and girls that have taken at least 3 sessions of Tiny tots and are at least 4 years of age. They will continue to perfect their basic gymnastics skills, as well as start to learn more difficult skills that will prepare them for the testing program that begins in our beginner class.	KT – 1	Wednesdays 11:00 – 11:45 AM	\$24.50
	KT – 2	Wednesdays 4:00 – 4:45 PM	\$24.50
<b>Beginner</b> (5 – 18yrs) The beginner class is open to both boys and girls that are beginning gymnastics or have been in previous tot classes. They will focus on gymnastics fundamentals as well as progressing towards more difficult skills in all areas. We start testing skills at this level so they can progress up through our Recreational program.	B – 1	Mondays 5:00 – 6:00 PM	\$28.50
	B – 2	Mondays 5:45 – 6:45 PM	\$28.50
	B – 3	Wednesdays 11:45 – 12:45 PM	\$28.50
	B – 4	Wednesdays 4:45 – 5:45 PM	\$28.50
	(added) B – 5	Tuesdays 10:15 – 11:15 AM	\$28.50
<b>Intermediate</b> (5 – 18yrs) The intermediate class specializes in more difficult (intermediate to advanced) skills in all areas. Gymnasts must have passed level 9 in our testing program to be in this class.	I – 1	Mondays 6:00 – 7:00 PM	\$28.50
	(added) I – 2	Tuesdays 11:15 – 12:15 PM	\$28.50
<b>Advanced</b> (12 – 18yrs) This class is for gymnasts who have more experience in gymnastics and are capable of doing more advanced skills, but are not interested in our team program. Gymnasts must be able to do a Round off Flip Flop.	A – 1	Mondays 7:00 – 8:30 PM	\$42.50
<b>Teens</b> (11 – 18 yrs) This class is for the older beginner who would feel more comfortable working with kids their age. This class will work on beginner and intermediate skills.	TN – 1	Tuesdays 7:00 – 8:00 PM	\$28.50
<b>Cheer</b> (10 – 18yrs) The Cheer class will focus on learning gymnastics for cheerleading, as well as working on jumps. They will also work on building the flexibility and strength that is needed to be a great cheerleader.	CH – 1	Thursdays 7:00 – 8:00 PM	\$28.50
<b>Boys</b> (4 – 18yrs) This class is for boys who would prefer to work with boys only. They work on beginner to advanced gymnastics, as well as working on strength, flexibility, and coordination that will carry over to other sports.	BY – 1	Wednesdays 3:45 – 4:45 PM	\$28.50
<b>Fun-N-Fit</b> (6 and up) This class will be focusing on building muscle and burning calories, not teaching gymnastics. This will be a great opportunity to burn off some pent up energy after sitting in class at school or being at work all day.	FNF – 1 (18 and up)	Wednesdays 7:30 – 8:00 PM	\$16.00
<b>Adult Gymnastics</b> (18 and up) Learn how to tumble, flip and swing! Adult gymnastics is a class that incorporates strength, balance, flexibility, and stretching. It will focus on improving joint health, maintaining muscular development, and improving cardiovascular fitness while developing and enhancing gymnastics abilities.	AG – 1	Wednesdays 6:30 – 7:30 PM	\$28.50
<b>Tramp – N – Tumble</b> (6 and up) This class focuses on skills that our Show Team uses in their performances. Gymnasts will work on tumbling or floor skills and mini-trampoline skills, no beam or bars. To be in this class, you need to have passed Level 5 in our testing program.	TNT – 1	Thursdays 2:30 – 4:00 PM	\$42.50

\*\*\*Each gymnast is required to pay an annual membership fee of \$20. This fee is added onto the class fee and paid at time of registration.

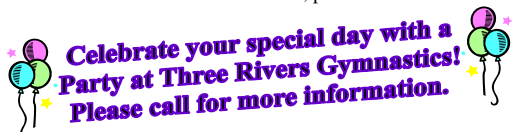
\*\*\*If you register one child for two classes per week, you will receive a \$5 discount.

\*\*\*If you register more than one immediate family member, you will receive a \$5 family discount.

\*\*\*If you are a student or faculty member at NDSCS, you will receive a \$5 discount on a class that you or your spouse sign-up for (children not included).

\*\*\*Class Schedule may change due to the number of registered gymnasts and/or the availability of coaches.

We also offer more advanced gymnastics instruction at a team level. Our teams include our gymnasts in our USAG program (ages 5 – 12) and our High School team (grades 7<sup>th</sup>-12<sup>th</sup>). For more information on our teams, please call 701-642-3620.



**Leos, Shorts, Scrunchies, and More!**  
See our Pro-Shop for more info.

**Air Conditioned Classes during warm weather, Nice and cozy during the cold weather!!**

**Office Hours:**  
Mon 9am - 5pm  
Tue - Thu 9am - 6pm  
Fri - Sun by appointment only