



Three Rivers Gymnastics



815 4th Avenue South, Suite 1
Wahpeton, ND 58075

Phone: (701) 642-3620

Email: trg@threeriversgymnastics.com

Website: www.threeriversgymnastics.com

Winter to Spring Session: January 9 - May 12 (17 weeks)

Registration begins Monday, November 21. Late registrations are accepted and prorated!

*NO CLASS: MLK Jr Day: Mon 1/16 - Presidents' Day: Mon 2/20 - Spring Break Mon 3/12 thru Sat 3/17 - Easter: Thu 4/5 thru Mon 4/9

You may schedule a make-up class at the front desk for the missed classes.

SPRING SHOW: Sunday, April 15th 3pm (Practice will be held Friday, April 13th at 5pm)

Recreational Classes - GYMNASTICS	Class Code	Day / Class Time	Tuition (paid every 4 weeks)
Parent Tot (15mon – 3yrs) This class brings the parents onto the floor amidst the excitement in this child directed program. It's primarily for fun and parental/child bonding. Quality time for both is the key. In this class, the focus will be on music and movement exploration, hand/eye coordination, ball handling skills and small motor development. This class is all about learning the basics and having fun!!!	PT - 1	Mondays 5:30 - 6:15 PM	\$25.50
	PT - 2	Tuesdays 10:05 - 10:50 AM	\$25.50
	PT - 3	Wednesdays 9:15 - 10:00 AM	\$25.50
	PT - 4	Wednesdays 6:05 - 6:50 PM	\$25.50
	PT - 5	Saturdays 9:30 - 10:15 AM	\$25.50
Tiny Tot (3 – 5yrs) This class is designed for three to five year olds girls and boys. We'll keep a low ratio because the child will be on their own working at stations and small circuits to further develop fine and gross motor skills. This class is designed for development of gymnastics, hand-eye coordination, ball-handling skills, body awareness, and over-all fitness, while building confidence. Children are divided up according to age and skill level within each class.	TT - 1	Mondays 3:40 - 4:30 PM	\$28.75
	TT - 2	Mondays 4:35 - 5:25 PM	\$28.75
	TT - 3	Mondays 5:30 - 6:20 PM	\$28.75
	TT - 4	Tuesdays 9:10 - 10:00 AM	\$28.75
	TT - 5	Tuesdays 5:05 - 5:55 PM	\$28.75
	TT - 6	Wednesdays 10:05 - 10:55 AM	\$28.75
	TT - 7	Wednesdays 5:45 - 6:35 PM	\$28.75
	TT - 8	Saturdays 10:20 - 11:10 AM	\$28.75
Kinder Tot (4 – 5yrs) Kinder tot classes are open to both boys and girls that have taken at least 3 sessions of Tiny tots. This is a more intermediate to advanced skill-oriented class. There is more structure with an emphasis on preschool gymnastics. They will continue to perfect their basic gymnastics skills, as well learn more difficult skills that will prepare them for the testing program that begins in our beginner class.	KT - 1	Mondays 3:40 - 4:30 PM	\$28.75
	KT - 2	Mondays 4:35 - 5:25 PM	\$28.75
	KT - 3	Mondays 6:20 - 7:10 PM	\$28.75
	KT - 4	Tuesdays 10:55 - 10:55 AM	\$28.75
	KT - 5	Wednesdays 11:00 - 11:50 PM	\$28.75
	KT - 6	Wednesdays 4:50 - 5:40 PM	\$28.75
	KT - 7	Thursdays 4:50 - 5:40 PM	\$28.75
	KT - 8	Saturdays 10:20 - 11:10 AM	\$28.75
Beginner (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 3:50 - 4:50 PM	\$34.00
	B - 2	Mondays 5:00 - 6:00 PM	\$34.00
	B - 3	Tuesdays 6:00 - 7:00 PM	\$34.00
	B - 4	Wednesdays 12:00 - 1:00 PM	\$34.00
	B - 5	Wednesdays 3:45 - 4:45 PM	\$34.00
	B - 6	Wednesdays 6:05 - 7:05 PM	\$34.00
	B - 7	Thursdays 3:45 - 4:45 PM	\$34.00
	B - 8	Saturdays 9:15 - 10:15 AM	\$34.00
Intermediate (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.	I - 1	Mondays 6:05 - 7:20 PM	\$42.50
	I - 2	Wednesdays 4:50 - 6:05 PM	\$42.50
	I - 3	Thursdays 5:45 - 7:00 PM	\$42.50
Advanced (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 to be in this class.	A - 1	Thursdays 7:00 - 8:30 PM	\$51.00
Teens (11 – 18yrs) 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	\$34.00
Cheer (5 – 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	Tuesdays 4:00 - 5:00 PM	\$34.00
Boys (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	\$34.00
Adult Gymnastics (18yrs 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	Tuesdays 7:00 - 8:00 PM	\$34.00



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Recreational Classes - DANCE	Class Code	Day / Class Time	Tuition (paid every 4 weeks)
Tots Dance (2 – 5yrs) These young dancers will explore movement through music while learning basic dance and having fun!	TTD - 1	Tuesdays 4:00 - 4:45 PM	\$25.50
Beginner Dance (5 – 18yrs) These dancers will learn the basics of ballet, jazz, and hip hop.	BD - 1	Tuesdays 5:10 - 6:00 PM	\$28.75
Teen Dance (13 – 19yrs) This class will learn the basics of ballet, jazz, and hip hop with a focus on hip hop.	TD - 1	Tuesdays 6:50 - 6:55 PM	\$28.75

Recreational Classes - FITNESS	Class Code	Day / Class Time	Tuition (paid every 4 weeks)
Adult Fitness (18yrs and up) This class is a combination of exercises including cardio, yoga, and strength training for adults of any fitness level. Have fun exercising in the gym while getting fit!	AF - 1	Wednesdays 8:30 - 9:15 AM	\$25.50
	AF - 2	Wednesdays 7:10 - 7:55 PM	\$25.50
Kids Fitness (5-18yrs) This class is a great way for kids to burn the pent up energy from sitting in school all day. Kids will build strength and flexibility while playing games and having fun!	KF - 1	Mondays 3:45 - 4:15 PM	\$20.00
	KF - 2	Thursdays 3:30 - 4:00 PM	\$20.00

***Class Schedule may change due to the number of registered gymnasts (must have 3) and/or the availability of coaches.

***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.

***Discounts: You will receive a \$5 discount for the following: registering one child for 2 classes per week, registering more than 1 immediate family member, if you are a student/faculty member at NDSCS (spouses included, children not included), and if you are in the military or immediate family member.

****When signing up, you are registering for the entire session of 17 weeks and will be charged accordingly unless we are notified in writing.

OPEN GYM!!	PARENTS' NIGHT OUT!!
Dates: 1/15, 2/19, 3/18, 4/22, 5/20 1:00 - 3:00 PM Parents' Signature is required at drop off!! <u>Cost</u> : \$7 (members receive a \$2 discount) Ages: 15m-Adult, 15m-3yrs must have parent supervision	Dates: 1/6, 2/3, 3/2, 4/20, 5/11 6:00 - 10:00 PM Parents' Signature is required at drop off!! <u>Cost</u> : \$25 (members receive a \$5 discount, each additional sibling receives a \$5 discount) Ages 4-12 (must be potty trained)

GYM-N-LEARN PROGRAM	
Nursery School	After School
Nursery school is where children ages 2½ to 5 years can learn the alphabet, colors, numbers, and shapes through planned activities that focus on both academics and learning through play: stories, crafts, games, worksheets, music and more. We also learn about nutrition and fitness. Each class, they will have a snack and 50 minutes of gymnastics or fitness. We focus on having fun and preparing for Kindergarten. Mondays through Thursdays 8:30-11:30am Sign up for 1 day a week or all 4!! 4-week Fee: 1 day - \$42.50, 2 days - \$74.50, 3 days - \$106.25, 4 days - \$138.25 Must be potty trained. Potty trained, but needs a little assistance is okay.	Our after school program provides a caring environment where your child will have the opportunity to play and get homework out of the way. Our program includes: snack, academic work, gymnastics, fitness and art activities. Mondays through Thursdays open 3:30-6:00pm Sign up for 1 day a week or all 4!! 4-week Fee: 1 day - \$42.50 2 days - \$74.50 3 days - \$106.25 4 days - \$138.25

Upcoming Gym Events:



High School Gymnastics Meet: Friday, January 13 - 5pm - TRG
High School Gymnastics Meet: Saturday, January 14 - 11am - TRG
Chili Cook-off: Friday, February 10 - 5pm - WCC
ND EDC High School Gymnastics Championships: Friday, February 17 - 6pm - TRG
Spring Drop-off: Saturday, March 10 - 9am-6pm - TRG
Spring Show: Sunday, April 15 - 3pm - TRG
Girls' Sleepover: Friday, April 27 - 7pm-8am - TRG
Boys' Pizza Party: Friday, May 4 - 7pm-Midnight - TRG
Mini-Camp: Monday, May 14-Thursdays, May 17 - 4-6pm (3:40 with snack)

Nice and cool for warm days and nice and cozy during the cold days!

Leos, Shorts, Scrunchies, and More!
 See our Pro-Shop for all the goodies!!