

Empowering
youth through fitness
and gymnastics!

Three Rivers Gymnastics

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Fall Session: August 30 - October 22nd

Registration open. Late registrations are accepted and prorated! *Fees have been prorated for no class on Monday, September 6th for Labor Day!

Recreational Classes	Class Code	Day / Class Time	8-week fee
Parent Tot (18mon – 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 and ball handling skills and small motor development. This class is all about learning the basics and having fun!!!	PT - 1	Tuesdays 10:00 - 10:50 AM	\$43.00
	PT - 2	Wednesdays 9:45 - 10:35 AM	\$43.00
	PT - 3	Wednesdays 6:15 - 7:05 PM	\$43.00
Tiny Tot (3 – 5 yrs) 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 4:45 - 5:35 PM	\$37.75 *
	TT - 2	Mondays 6:00 - 6:50 PM	\$37.75 *
	TT - 3	Tuesdays 9:00 - 9:50 AM	\$43.00
	TT - 4	Tuesdays 3:45 - 4:35 PM	\$43.00
	TT - 5	Wednesdays 10:45 - 11:35 AM	\$43.00
	TT - 6	Wednesdays 5:30 - 6:20 PM	\$43.00
Kinder Tot (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. This class is more skill-oriented. 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 3:45 - 4:35 PM	\$37.75 *
	KT - 2	Mondays 6:15 - 7:20 PM	\$37.75 *
	KT - 3	Tuesdays 11:00 - 11:50 AM	\$43.00
	KT - 4	Wednesdays 12:00 - 12:50 PM	\$43.00
	KT - 5	Wednesdays 5:15 - 6:05 PM	\$43.00
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 3:45 - 4:50 PM	\$43.00 *
	B - 2	Mondays 5:00 - 6:05 PM	\$43.00 *
	B - 3	Tuesdays 12:00 - 1:05 PM	\$49.00
	B - 4	Tuesdays 4:45 - 5:50 PM	\$49.00
	B - 5	Tuesdays 6:00 - 7:05 PM	\$49.00
	B - 6	Wednesdays 1:00 - 2:05 PM	\$49.00
	B - 7	Wednesdays 4:00 - 5:05 PM	\$49.00
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 to be in this class.	I - 1	Mondays 5:45 - 7:05 PM	\$48.25 *
	I - 2	Wednesdays 4:45 - 6:05 PM	\$55.00
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	Mondays 8:30 - 10:00 PM	\$53.50 *
Teens (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 6:15 - 7:20 PM	\$49.00
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 (5-10)	Mondays 6:15 - 7:20 PM	\$43.00 *
	CH - 2 (10-18)	Mondays 7:30 - 8:35 PM	\$43.00 *
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	Tuesdays 6:00 - 7:20 PM	\$55.00
	BY - 2	Wednesdays 4:00 - 5:20 PM	\$55.00
Adult Gymnastics (18yrs and up) This class is a way for adults to work on gymnastics and get fit. This class is for beginners and the more advanced. You will work at your own level and pace. You will gain balance, strength and have lots of fun!	AG-1	Wednesdays 7:15 - 8:20 PM	\$49.00
Fitness classes for kids and adults			
- Adult Fitness (AF) – Ages 18 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 9:00 - 9:35 AM	\$28.00
	AF - 2	Wednesdays 7:15 - 7:50 PM	\$28.00
- Kids Fitness (KF) – Ages 6-18 years old. 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	Wednesdays 3:30 – 4:05 PM	\$28.00
☺ ☺ Pre-School Day Camp ☺ ☺			
This Day Camp will be open to girls and boys ages 3 to 5 years of age. It will include gymnastics, stories, crafts, games, a snack and more. We will focus on having fun and preparing for Pre-school and Kindergarten.	PSC	Mondays 9:00 - 12:00 PM	\$75.00
OPEN GYM!!		PARENTS' NIGHT OUT!!	
2nd Sunday of the month (Sept – April) 1:00 – 3:00 PM Parents' Signature is required at drop off!! \$5/child		1st Friday of the month (Oct – May) 6:00-10:00 PM A registration form with a parents signature is needed! \$15/child	

***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 two classes per week, registering more than one immediate family member, if you are a student, faculty member at NDSCS or spouse of either (children not included), and if you are in the military or an immediate family member of one.

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day with a Party at
Three Rivers Gymnastics!
Please call for info.

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

Office Hours:
Mon - Thu 9:00-6:00pm
If you have any questions,
call or email