



*** 6180 E. Warren Ave. * Denver, CO 80222 ***
(303) 512-0799 www.cogymplus.com

2023 - 2024 RECREATIONAL CLASSES OFFERED

Building Strong Bodies & Minds

AM CLASSES PARENT-TOT & PRE-SCHOOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent Tot (18 months up to 3yrs)			10:00-10:45		10:00-10:45	9:00-9:45
PRE SCHOOL (3 yrs. to 5.5 yrs.)	1:00-2:00	10:00-11:00 1:00-2:00	10:00-11:00 1:00-2:00		10:00-11:00	9:00-10:00 10:00-11:00

PM CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRE SCHOOL (4 yrs to 5.5 yrs)	3:30-4:30 4:30-5:30	4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30	4:30-5:30 5:30-6:30	NO CLASSES	See Above
GIRLS: (5.5 yrs & up) BEGINNERS & INTERMEDIATES	3:30-4:30 4:30-5:30	3:30-4:30 4:30-5:30 5:30-6:30	3:30-4:30 4:30-5:30	3:30-4:30 4:30-5:30 5:30-6:30	NO CLASSES	9:00-10:00 10:00-11:00 11:00-12:00
*ADVANCED (1.5) ** HOT SHOTS /Rising Stars (1.5hrs)**	4:15—5:45		4:15-5:45	4:15-5:45	NO CLASSES	10:00-11:30
BOYS: (5.5yrs & up) Combo BEG & INT ADVANCED **	4:30-5:30	4:15-5:45	4:30-5:30	4:30-5:30	NO CLASSES	9:00-10:00

Printed July 2023 Prices subject to change without notice and classes may not be available. Gymnastics Plus may combine classes and/or discontinue classes that do not have sufficient enrollment (at least 3 students).

SESSIONS DATES

Fall SESSION 1: August 7 - September 30
 Fall SESSION 2: October 2 - November 25

***** FALL BREAK NOVEMBER 24*****

Winter SESSION 3: November 27 - January 27
*****WINTER BREAK DECEMBER 24 - JANUARY 1*****

Winter SESSION 4: January 29 - March 23

Spring SESSION 5: March 25 - May 18

****PRIORITY REGISTRATION :** For current students to maintain a place in their class from one Session to the next concurrent Session, TUITION is DUE two (2) weeks prior to the start of the new Session. **The student will be dropped from the class when open registration begins if tuition has not been paid. Priority registration for session #1 is based on being an active student during the 5th session.**

****OPEN REGISTRATION** for NEW Students starts (1) week prior to the start of a new session for open places in classes.

Scheduled Closings: Classes will not be held on the following dates and tuition has been adjusted for those classes .

Sec #1—Labor Day, Mon—Sept. 02 2023

Sec #2—Fall Break November 24 2023

Sec #3 —Winter Break December 24– January 1 23/24

Sec #4—Memorial Day Monday May 27 2023

P-tot/PS Classes \$160.00
Annual Membership Fee \$50.00
 (Per STUDENT)

Session Tuition—Recreational Classes
 (Based on an 8 week session)

1 class per week **\$175.00**
 (45 mins to 1 hr classes)
 2 classes per week **\$325.00**
 (45 mins to 1 hr classes)

***ADVANCED (1 1/2 hrs.) \$260.00 1x per w/
 \$465.00 2x per week**
Fees are Non-refundable



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2022—2023 RECREATIONAL GYMNASTICS CLASSES OFFERED

Parent—Tot Classes: Children 18 months to 3 yrs. old with their parent. Designed for the parent who wants to take an active roll in their child's development.

Pre School Classes: AM Classes—Children 3 - 5.5yrs old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Pre School Classes: PM Classes—Children 4 to 5.5 yrs. old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Beginners Levels and Up

These classes include instruction on all Olympic events and students are divided by ability. The program is structured so that students are rewarded as they progress through the various skill levels. Once a student has shown proficiency in the skills set for the classes they are in and advancement will be handed to the front desk for advancement to the next level [ex. Beginner to Intermediate.]

Beginners: Children 5.5yrs old and up. If you are new to our program, everyone starts in beginners. If you have had gymnastics before, you can take a look at our skill Chart for each level and request to be evaluated to help you see which level your child would best fit. In the Beginner level, the emphasis is on building basic gymnastics skills like rolls, supports on apparatus and small jumps, leaps, and turns on all events. Building strength, coordination, basic rules of safety and specific drills for progression for future success in the sport. A fun learning experience for our younger students.

Intermediates: Once you have completed the Beginner program, you will be advanced to the Intermediate level. At this level, the student will learn more advanced and challenging skills like, cartwheels, circling movements on bars and will also be introduced to putting skills into sequences. Students will continue to work on strength and will also begin to focus more on flexibility.

Advanced: Once the Intermediate skills have been completed the student will be moved to our Advanced level.

At this level students work on more flip type movements on all the apparatus and will begin to create routines which could be used for exhibitions and competition. Strength, flexibility and endurance will be stressed as well.



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Gymnastics Plus does not provide refunds or credits.