

Mountain Gymnastics

Spring 2010 Schedule



Achievement



Moonbeamers walking to age 3
What do you do with a busy toddler? Bring them to gymnastics! This 45 minute parent-shared program presents a wide variety of movement activities, obstacle courses, ball handling games, music and rhythm in a non-competitive atmosphere.

Mon- Sat. 9:15-10:00 am

Mon-Thurs & Sat. 10:15-11:00 am
\$97.50/ 6 weeks

ADVENTURE



Rainbow Rider & Creative Ballet ages 3-5
This class combines our Rainbow Riders and Creative Ballet into a one hour class. Our Creative Ballet explores a variety of movement experiences, rhythmic, locomotor activities and basic ballet vocabulary. Props, music and imagery combine to make this class a wonderful introduction to the world of dance and movement.

Tues, Wed, Thurs 9:00-10:00 am
Mon, Wed, Sat 10:15-11:15 am
Wed, Thurs 1:30-2:30 pm
\$114./ 6 weeks

Gymnastics is a part of our human nature. Mountain Kids is a safe, fun place to build a healthy foundation for life. A place where kids of all ages build on this instinct to realize their true potential. Want to help your child get the hang of how to live a happy, healthy life? Start now, and discover how beneficial Gymnastics can be.

Rainbow Riders ages 3-5
Mountain Gymnastics offers a unique opportunity for children to lay the foundation for excellent motor-abilities in a positive and fun environment. Strength, flexibility, balance, spatial awareness and confidence are inherent in gymnastics training. Our professional staff help provide an excellent start to life-long learning and exercise.

Mon, Sat 9:00-10:00
Mon-Thurs & Sat. 10:15-11:15 am
Wed or Thurs 1:30-2:30 pm
\$114./ 6 weeks

Rainbow Connection ages 4-6
This class is for more advanced preschoolers or kindergartners who are ready to be challenged with higher level skills.

Mon, Tues 1:00-2:15 pm
Wed. 10:15-11:30 am
Tues or Thurs 9:00-10:15 am
\$114./ 6 weeks



GymStars age 5+
The sport of gymnastics has much to offer the young athlete. In addition to balance, strength, flexibility, overall coordination, spatial awareness and self-confidence, gymnastics is fun! Classes for all students are organized so that safety and fun combine for an optimal learning experience. Fundamental skills are taught at all levels in a consistent, progressive manner to provide success in gymnastics and other sports.

Girls Young GymStars 1.25 hr for ages 5-6
Mon, Tues, Wed, Thurs, Fri 4:15-5:30 pm
\$141./ 6 weeks

Girls GymStars 1.5 hr for ages 5-8
Mon, Tues, Wed, Thurs, Fri 4:15-5:45 pm or Sat. 9:00-10:30 am
\$168./ 6 weeks

Girls GymStars 2 hr for ages 5-12
Mon, Tues, Wed, Thurs, Fri 4:15-6:15 pm or Sat. 10:30-12:30 pm
\$198./ 6 weeks

Girls Pre Team (by invitation) 4 hrs/week
Mon, Tues, Wed, Thurs, Fri 4:15-6:15 pm or Sat 10:30-12:30 pm
\$306./ 6 weeks

Girls Jr./Sr. High 2 hr
Tues & or Thurs 6:15-8:15 pm
1 class/week \$198./ 6 weeks 2 classes/week \$306./6 weeks

Boys GymStars 1.5 hr
Mon, Tues, Wed, Thurs, Fri 4:15-5:45 pm
\$168./ 6 weeks

Boys GymStars 2 hr
Wed, Thurs or Fri 4:15-6:15 pm
\$198./ 6 weeks

Boys Pre Team (by invitation) 3 hrs/week
Mon & Thurs Fri 4:15-5:45 pm
\$264./ 6 weeks

Inspiration



USAG Competitive Teams ages 7+
Mountain Gymnastics trains USAG Competitive teams for girls and boys. We are a USAG Member Club. We have acquired many successes over the years including many state, regional and national qualifiers and champions. Membership is by invitation. Many of our "preteam" gymnasts move directly into our team program once they have reached the necessary skill level to compete successfully. *inquire for pricing*

Sports Acrobatics ages 7+
Sports Acrobatics combines tumbling and dance moves from gymnastics and incorporates partner stunts. Our program involves developmental students through competitive level team members. We have accomplished many successes including state, regional and national level competitors.
Beginning Tues, Thurs 6:00-8:00 pm \$198./ 6 weeks
Competitive Mon-Fri 6:00-8:30 (by invitation)
inquire for pricing

USA
GYMNASTICS
Member Club



Registration may be taken over the phone at (970)482-3118 with a Visa/MC payment or on site. You can also request additional class information and availability via email to info@mountain-kids.com. Rates are based on a traditional six-week session however sessions will vary in length throughout the year and tuition will be adjusted accordingly. Classes may be cancelled at any time due to low enrollment.

www.mountain-kids.com

419 E. Stuart St. Fort Collins, CO 80525 (970)482-3118 info@mountain-kids.com

Mountain Gymnastics

Spring 2010 Schedule



Achievement



Moonbeamers walking to age 3
What do you do with a busy toddler? Bring them to gymnastics! This 45 minute parent-shared program presents a wide variety of movement activities, obstacle courses, ball handling games, music and rhythm in a non-competitive atmosphere.

Mon- Sat. 9:15-10:00 am

Mon-Thurs & Sat. 10:15-11:00 am
\$97.50/ 6 weeks

ADVENTURE



Rainbow Rider & Creative Ballet ages 3-5
This class combines our Rainbow Riders and Creative Ballet into a one hour class. Our Creative Ballet explores a variety of movement experiences, rhythmic, locomotor activities and basic ballet vocabulary. Props, music and imagery combine to make this class a wonderful introduction to the world of dance and movement.

Tues, Wed, Thurs 9:00-10:00 am
Mon, Wed, Sat 10:15-11:15 am
Wed, Thurs 1:30-2:30 pm
\$114./ 6 weeks

Gymnastics is a part of our human nature. Mountain Kids is a safe, fun place to build a healthy foundation for life. A place where kids of all ages build on this instinct to realize their true potential. Want to help your child get the hang of how to live a happy, healthy life? Start now, and discover how beneficial Gymnastics can be.

Rainbow Riders ages 3-5
Mountain Gymnastics offers a unique opportunity for children to lay the foundation for excellent motor-abilities in a positive and fun environment. Strength, flexibility, balance, spatial awareness and confidence are inherent in gymnastics training. Our professional staff help provide an excellent start to life-long learning and exercise.

Mon, -Sat 9:00-10:00
Mon-Thurs & Sat. 10:15-11:15 am
Wed or Thurs 1:30-2:30 pm
\$114./ 6 weeks

Rainbow Connection ages 4-6
This class is for more advanced preschoolers or kindergartners who are ready to be challenged with higher level skills.

Mon, Tues 1:00-2:15 pm
Wed. 10:15-11:30 am
Tues or Thurs 9:00-10:15 am
\$141./ 6 weeks



GymStars age 5+
The sport of gymnastics has much to offer the young athlete. In addition to balance, strength, flexibility, overall coordination, spatial awareness and self-confidence, gymnastics is fun! Classes for all students are organized so that safety and fun combine for an optimal learning experience. Fundamental skills are taught at all levels in a consistent, progressive manner to provide success in gymnastics and other sports.

Girls Young GymStars 1.25 hr for ages 5-6
Mon, Tues, Wed, Thurs, Fri 4:15-5:30 pm
\$141./ 6 weeks

Girls GymStars 1.5 hr for ages 5-8
Mon, Tues, Wed, Thurs, Fri 4:15-5:45 pm or Sat. 9:00-10:30 am
\$168./ 6 weeks

Girls GymStars 2 hr for ages 5-12
Mon, Tues, Wed, Thurs, Fri 4:15-6:15 pm or Sat. 10:30-12:30 pm
\$198./ 6 weeks

Girls Pre Team (by invitation) 4 hrs/week
Mon, Tues, Wed, Thurs, Fri 4:15-6:15 pm or Sat 10:30-12:30 pm
\$306./ 6 weeks

Girls Jr./Sr. High 2 hr
Tues & or Thurs 6:15-8:15 pm
1 class/week \$198./ 6 weeks 2 classes/week \$306./6 weeks

Boys GymStars 1.5 hr
Mon, Tues, Wed, Thurs, Fri 4:15-5:45 pm
\$168./ 6 weeks

Boys GymStars 2 hr
Wed, Thurs or Fri 4:15-6:15 pm
\$198./ 6 weeks

Boys Pre Team (by invitation) 3 hrs/week
Mon & Thurs Fri 4:15-5:45 pm
\$264./ 6 weeks

Inspiration



USAG Competitive Teams ages 7+
Mountain Gymnastics trains USAG Competitive teams for girls and boys. We are a USAG Member Club. We have acquired many successes over the years including many state, regional and national qualifiers and champions. Membership is by invitation. Many of our "preteam" gymnasts move directly into our team program once they have reached the necessary skill level to compete successfully. *inquire for pricing*

Sports Acrobatics ages 7+
Sports Acrobatics combines tumbling and dance moves from gymnastics and incorporates partner stunts. Our program involves developmental students through competitive level team members. We have accomplished many successes including state, regional and national level competitors.
Beginning Tues, Thurs 6:00-8:00 pm \$198./ 6 weeks
Competitive Mon-Fri 6:00-8:30 (by invitation)
inquire for pricing

USA
GYMNASTICS
Member Club



Registration may be taken over the phone at (970)482-3118 with a Visa/MC payment or on site. You can also request additional class information and availability via email to info@mountain-kids.com. Rates are based on a traditional six-week session however sessions will vary in length throughout the year and tuition will be adjusted accordingly. Classes may be cancelled at any time due to low enrollment.

www.mountain-kids.com

419 E. Stuart St. Fort Collins, CO 80525 (970)482-3118 info@mountain-kids.com