

Mountain Gymnastics Summer Schedule 2021

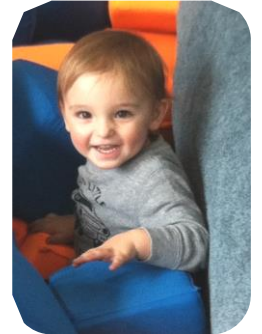
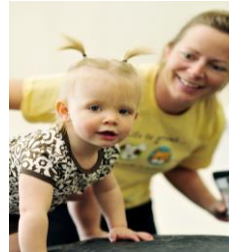
Since 1976 our mission has been to provide a great foundation for kids of all ages to develop strength, flexibility, balance, spatial awareness, and confidence through professional gymnastics training.

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 playful learning atmosphere.

Pick the day and time that works for you:

Mon, Weds, Thurs or Sat. 9:15-10:00 or 10:15-11:00 am
\$88 / 4 weeks



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 fun and professional staff help provide a wonderful start to life-long learning and exercise.

Pick the day and time that works for you:

Mon, Tues, Weds, Thurs or Sat. 9:00-10:00 am
Tues, Thurs or Sat 10:15-11:15 am



Rainbow Connection ages 4-6

This class is for more advanced preschoolers or kindergarteners who have been in the Rainbow Rider program and are ready for more challenging skills. (teacher recommendation is required)

Wed 9:00-10:15 am
\$133 / 4 weeks



Rainbow Riders & Creative Ballet Combo ages 3-5

This class combines our Rainbow Riders and Creative Ballet into a one hour class. Creative Ballet explores a variety of movement experiences, rhythmic, loco motor activities and basic ballet vocabulary. Props, music and imagery combine to make this class a wonderful introduction to the world of dance and movement.

Mon 9:00-10:00am
Sat 10:15-11:15 am
\$103/ 4 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 & self-confidence, gymnastics is FUN! Classes are organized so that safety & fun combine for an optimal learning experience. Fundamental skills are taught at all levels in a consistent, progressive manner to provide success in gymnastics & other sports.

Girls GymStars 1.5 hr for ages 5-8 Mon, Tues, Wed, Thurs 4:15-5:45 pm or Sat. 9:00-10:30 **\$155/ 4 weeks**

Girls GymStars 2 hr for ages 5-12 Mon, Tues, Wed, Thurs 4:15-6:15 pm or Sat. 10:30-12:30 **\$184/ 4 weeks**

Girls Pre Team (by invitation) 4 hrs/week **Pick 2 days:**

Mon, Tues, Wed, Thurs 4:15-6:15 pm, Sat 10:30-12:30 **\$287/ 4 weeks**



Ninja Zone Ages 4-8

Ninja classes feature a discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts and more!

Lil Ninja ages 4-5

Mon 10:15-11:15 am

Mon or Thur 4:15pm-5:15pm

Sat 11:35am-12:35pm

White Ninja ages 6-8

Thurs 10:15-11:15 am

Tues or Wed 4:15pm-5:15pm



\$103/ 4 weeks
\$20 Uniform required



2021 Summer Day Camp Ages 5-12

June 1st – Aug 13th

We offer a variety of activities and schedules to provide a summer full of fun and discovery for children 5 – 12. Activities include on-site warm-water swimming lessons and open swim, gymnastics and local field trips including: roller skating, biking, local parks, mini golf, bowling, karate, movies, Dairy Queen, arts & crafts and more! Camp activities run between **9:00 am and 4:30 pm** with extended hours between 7:15 am and 5:45 pm for no additional charge.

Choose between Full- Time or Part-Time for each week of camp.

Full Week (up to 5 days) **\$325**

3 days (choose any 3) **\$250**

Camper Registration Fee \$50.

Register early!! Registration fee will be \$75 after May 17th

Registration packets are available at the front desk or online!!



Minimum enrollment of four weeks is required for camp.

Warm Water Swimming Lessons: age 6 mo. – 12 yrs.

We feature a beautiful, shallow, warm-water teaching pool. Since our pool is designed for learning, we maintain a water temperature of approximately 90 degrees. The shallow end is just over two feet deep, in order to help young swimmers feel comfortable in the water right from the start. Our certified staff, small classes, and progressive curriculum are ideal for swimmers of all levels. Morning and evening classes are offered in two-week blocks. Our swimming program runs June-August. Payment is required at time of registration in order to reserve your class.

Morning & Evening classes*\$116/ eight class session

All classes are 35 minutes long and meet Monday through

Thursday in two week blocks. We offer a variety of

swimming levels at each class time during the following sessions.

Summer 2021 session dates:

Session A: June 1-10

Session B: June 14-24

Session C: June 28-July 8

Session D: July 12-22

Session E: July 26-Aug 5



Birthday Parties:

Birthday parties at Mountain Kids feature one hour of organized, action packed FUN in the gym, including a Giant Obstacle Course/Trampoline/Games and more!!

Activities will be suited to the age group of the children and directed by one of our party experts! Gym time is followed with time in the party room for cake & presents!

Parties are offered on Saturdays & Sundays at a variety of times.

The cost is \$250.00 for up to 14 children.

To Schedule A Party:

Call or stop by the front office to reserve a birthday party date



Mountain Dance Classes & Dance Camps ages 3+

Lil' Kids Dance Camps, ages 3-7

Kids Dance Camps, ages 6-10

TEEN Dance Intensive ages 11+

For a complete listing of our Dance classes and camps, please see our

Mountain Dance Flier



Competitive Opportunities

Girls Team

Mountain Kids offers CARA and USAIGC Team.

Both team programs strive to provide a progressive setting where the students develop strength, flexibility, & fundamental gymnastics skills all within a safe, structured, disciplined, yet enjoyable & fun atmosphere.

. Team is by invitation.



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www.mountain-kids.com