



Three Rivers Gymnastics



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GYM-N-LEARN SCHOOL PROGRAM

Three Rivers Gymnastics' Gym-N-Learn School Program is a fitness-based program that focuses on the overall wellness of your child. This program includes Nursery School and After School classes. Your child will be involved in fitness activities, academic time, free play, snacks, crafts, story-time and more. Gymnastics, dance, soccer, baseball, cardio and free weights are just some of the fitness activities that your child will get to enjoy!
See below for more specific information regarding the classes offered.

Nursery School

Our Nursery school is where children ages 2½ to 5 years can learn the alphabet, colors, numbers, and shapes. We have planned activities that focus on both academics and learning through play: stories, crafts, games, letter sheets, music and more. We also learn about nutrition and fitness. Each class, they will have a snack and a 50 minutes gymnastics class and/or outside play (inside if inclement weather). We focus on having fun and preparing for Kindergarten.

The Nursery School program will follow the Wahpeton School District schedule, but will begin on Monday, August 27, 2018.

Must be potty trained, a little assistance is okay.

Classes are offered mornings, afternoons or full day. Full day kids need to bring a lunch.

NS - 1: Mondays through Fridays 8:30am - 11:30am (3hrs)

NS - 2: Mondays through Fridays 12:00pm - 3:00pm (3hrs)

NS - 3: Mondays through Fridays 8:30am-3:00pm (6.5hrs)

Four week Tuition (3hrs):

1 day/wk - \$51 2 days/wk - \$96 3 days/wk - \$135
4 days/wk - \$168 5 days/wk - \$195

Four week Tuition (6.5hrs):

1 day/wk - \$101 2 days/wk - \$176 3 days/wk - \$254
4 days/wk - \$338 5 days/wk - \$423

After School

The After School Program provides a warm, caring environment beyond school hours where your children have the opportunity to play with friends and get homework out of the way before the family sits down to dinner. We offer exciting activities which stimulate children to be healthier and happier, including gymnastics, dance, other sports, and art activities. A typical afternoon schedule would be: free time, snack, homework/reading time, craft, and fitness activity (gymnastics/dance/fitness/other sports). If your child goes 1-3 days per week, your child will receive 1 Free Gymnastics class. If your child goes 4-5 days per week, your child will receive 2 Free Gymnastics classes.

We will follow the Wahpeton School District schedule and will begin on Monday, August 20, 2018.

Mondays through Fridays
3:00-6:00pm

Four week Tuition:

1 day/wk - \$51 2 days/wk - \$96 3 days/wk - \$135
4 days/wk - \$168 5 days/wk - \$195

PRIVATE LESSONS

Looking to work on specific skills or just get a little extra help?
Call or email the office to schedule.
Offered for both gymnastics and dance.
\$25/hr

SLEEPOVER

Who: Girls and Boys Grades K-6
When - Drop-off: Friday, October 26 7:00pm
When - Pick-up: Saturday, October 27 8:00am
Cost: \$40
(members receive a \$5 discount, each additional sibling receives a \$5 discount)
Fun, Movies, Games, Prizes ~ Pizza served around 8:00pm

OPEN GYM

Offered Mondays - Fridays 12:30-2:30pm
and Fridays 9:00 -11:00am (Please call ahead)
Offered the following Sundays - **9/9, 9/23, 10/7, 10/21, 11/4, 11/11, 12/2, 12/16** - 12:30-2:30pm
Release form signed by parent required at drop off!!
Cost: \$7 (members receive a \$2 discount)
Ages: 18m-Adult (18m-3yrs must have parent supervision)

PARENTS' NIGHT OUT

Parents drop kids off and have a night on their own, while the kids run and play in our fun-filled gym!! Snack will be provided - no supper.
Dates: **9/14, 11/9, 12/7**
6:00 - 10:00 PM
Release form signed by parent required at drop off!!
Cost: \$30 (members receive a \$5 discount, each additional sibling receives a \$5 discount)
Ages 4-12 (must be potty trained)