



# Three Rivers Gymnastics

815 4th Avenue South  
Wahpeton, ND 58075



Phone: (701) 642-3620

Email: trg@threeriversgymnastics.com

Website: www.threeriversgymnastics.com

## Fall to Winter 2018: August 27-December 8 (15 weeks)

Registration begins Wednesday, August 1. Late registrations are accepted and prorated!

\*NO CLASS: 8/31-9/3 Labor Day, 10/18-10/21 NDEA/MEA, 10/31 Halloween,

11/16-11/18 Fall Show, 11/21-11/25 Thanksgiving Break

(Schedule make-up classes at the Front Desk)

**Fall SHOW:** Sunday, November 18 1:30pm & 3:15pm (Practice will be held on Friday, November 16 5:00-8:00pm)

**PARENTS' DAYS:** Progress update 1: Sep 24-29, Progress update 2: Oct 29-Nov 3, Awards: Dec 3-8

Recreational Classes - GYMNASTICS	Class Code	Day / Class Time	Tuition (paid every 5 weeks)
<b>Parent Tot (15mon – 3yrs) 45 min class</b> 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, ball handling skills and small motor development. This class is all about learning the basics and having fun!!!	PT - 1	Mondays 5:20 - 6:05 PM	3 payments of \$43.00
	PT - 2	Tuesdays 9:35 - 10:20 AM	
	PT - 3	Wednesdays 9:35 - 10:20 AM	
	PT - 4	Wednesday 6:05 - 6:50 PM	
	PT - 5	Fridays 5:00 - 5:45 PM	
	PT - 6	Saturdays 9:00 - 9:45 AM	
<b>Tiny Tot (3yrs) 50 min class</b> This class is designed for 3 year old 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 skill level within each class and will work on beginner and intermediate skills.  <b>Kinder Tot (4yrs) 50 min class</b> Kinder tot classes are open to both boys and girls that are 4 years old. Within each class, they will be split up based on their skill level and will work on beginner and intermediate skills. There is more structure with an emphasis on preschool gymnastics. They will continue to perfect their basic gymnastics skills, as well as learning more difficult skills that will prepare them for the testing program that begins in our beginner class.	TT / KT - 1	Mondays 9:30 - 10:20 AM	3 payments of \$48.00
	TT / KT - 2	Mondays 10:25 - 11:15 AM	
	TT / KT - 3	Mondays 4:25 - 5:15 PM	
	TT / KT - 4	Mondays 6:10 - 7:00 PM	
	TT / KT - 5	Tuesdays 10:25 - 11:15 AM	
	TT / KT - 6	Tuesdays 6:25 - 7:15 PM	
	TT / KT - 7	Wednesdays 10:25 - 11:15 AM	
	TT / KT - 8	Wednesdays 5:10 - 6:00 PM	
	TT / KT - 9	Wednesdays 6:55 - 7:45 PM	
	TT / KT - 10	Thursdays 9:30 - 10:20 AM	
	TT / KT - 11	Thursdays 10:25 - 11:15 AM	
	TT / KT - 12	Thursdays 6:10 - 7:00 PM	
	TT / KT - 13	Fridays 9:30 - 10:20 AM	
	TT / KT - 14	Fridays 10:25 - 11:15 AM	
	TT / KT - 15	Fridays 4:50 - 5:40 PM	
	TT / KT - 16	Saturdays 9:50 - 10:40 AM	
	TT / KT - 17	Saturdays 10:45 - 11:35 AM	

\*\*\*Class Schedule may change due to the number of registered gymnasts (must have 3) and/or the availability of coaches.

\*\*\*You may schedule a make-up in the office for any missed classes. Make-ups are scheduled on Fridays and Saturdays first, then any open class.

\*\*\*Each gymnast is required to pay an annual membership fee of \$25. 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 or faculty member at NDSCS or spouse of either (children not included); if you are a teacher at any of the area schools or the spouse of a teacher (children not included); and if you are in the military or an immediate family member of one.

PRIVATE LESSONS	SLEEPOVER
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	<b>Who:</b> Girls and Boys Grades K-6 <b>When - Drop-off:</b> Friday, October 26 7:00pm <b>When - Pick-up:</b> Saturday, October 27 8:00am <b>Cost:</b> \$40 <small>(members receive a \$5 discount, each additional sibling receives a \$5 discount)</small> Fun, Movies, Games, Prizes ~ Pizza served around 8:00pm
OPEN GYM	PARENTS' NIGHT OUT
Offered Mondays - Fridays 12:30-2:30pm and Fridays 9:00 - 11:00am (Please call ahead) Offered the following Sundays - <b>9/9, 9/23, 10/7, 10/21, 11/4, 11/11, 12/2, 12/16</b> - 12:30-2:30pm <u>Release form signed by parent required at drop off!!</u> Cost: \$7 (members receive a \$2 discount) Ages: 18m-Adult (18m-3yrs must have parent supervision)	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: <b>9/14, 11/9, 12/7</b> 6:00 - 10:00 PM <u>Release form signed by parent required at drop off!!</u> Cost: \$30 (members receive a \$5 discount, each additional sibling receives a \$5 discount) Ages 4-12 (must be potty trained)



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<b>Beginner (5 – 18yrs) 60 min class</b> 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 4:55 - 5:55 PM	3 payments of \$55.00
	B - 2	Mondays 6:00 - 7:00 PM	
	B - 3	Tuesdays 4:00 - 5:00 PM	
	B - 4	Tuesdays 5:05 - 6:05 PM	
	B - 5	Tuesdays 6:10 - 7:10 PM	
	B - 6	Wednesdays 4:05 - 5:05 PM	
	B - 7	Thursdays 5:05 - 6:05 PM	
	B - 8	Fridays 3:45 - 4:45 PM	
	B - 9	Saturdays 9:25 - 10:25 AM	
<b>Intermediate (5 – 18yrs) 75 min class</b> The intermediate class specializes in more difficult (intermediate to advanced) skills in all areas. Gymnasts must have passed level 9 in our testing program.	I - 1	Mondays 7:05 - 8:20 PM	3 payments of \$65.00
	I - 2	Tuesdays 5:05 - 6:20 PM	
	I - 3	Wednesdays 6:05 - 7:20 PM	
	I - 4	Thursdays 3:45 - 5:00 PM	
	I - 5	Fridays 3:45 - 5:00 PM	
	I - 6	Saturdays 10:30 - 11:45 AM	
<b>Advanced (12 – 18yrs) 120 min class</b> 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 7:30 - 9:00 PM	3 payments of \$75.00
<b>Teens (11 – 18yrs) 60 min class</b> 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	Mondays 7:05 - 8:05 PM	3 payments of \$55.00
<b>Boys (4 – 18yrs) 60 min class</b> 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.	Please see Beginner, Intermediate or Advanced classes. This class is not offered at this time - if there is enough interest, we will consider opening a boys only class.		
<b>Adult Gymnastics (18yrs and up) 60 min class</b> Learn how to tumble, flip and swing! Adult gymnastics is a class that incorporates strength, balance, flexibility, and stretching. It will focus on improving joint health, maintaining muscular development, and improving cardiovascular fitness while developing and enhancing gymnastics abilities.	AG - 1	Wednesdays 7:25 - 8:25 PM	3 payments of \$55.00
<b>Show Team (4yrs and up)</b> This team performs at halftimes and other events around the area. They do tumbling, mini-tramp, and handwalking. To become a part of this team, you have to commit to attending the practices before performances, and you will be required to purchase the show team uniform.	ST (Sign up no later than October 1st)	Mondays 3:45 - 5:45 PM	\$75.00 Payments every 4 weeks (\$15 discount if in Rec classes, \$25 discount if in Team program)

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### Party ~ Party ~ Party

Three Rivers Gymnastics is a great place to have a party all year round!! You get 2 hours of fun in a weather controlled environment – no worrying about it being too hot, too cold, or raining! Our parties consist of 1 ½ hours of supervised fun in the gym followed by 30 minutes in the lobby for your choice of activities, such as opening presents or having cake and ice cream. While in the gym, the kids will have free play with our party coach: playing in the foam pit and different events, games, obstacle courses and more!

The cost for 2 hours of fun is \$80 with a \$30 non-refundable deposit (the deposit is taken off the total).  
If you have more than 15 children, it is an additional \$5 per child.

Parties are offered starting at the following times during the school year  
**Fridays 6:00pm, Saturdays 12:30pm, 3:00pm, 5:30pm & 8:00pm, Sundays 12:30pm, 3:00pm & 5:30pm**