



Three Rivers Gymnastics

815 4th Avenue South
Wahpeton, ND 58075



Phone: (701) 642-3620

Email: trg@threeriversgymnastics.com

Website: www.threeriversgymnastics.com

Summer 1: June 3–June 28

Summer 2: July 8–August 2

Registration begins Monday, April 29. Late registrations are accepted and pro-rated!

Recreational Gymnastics Classes

	Class Code	Day / Class Time	4-week fee
Parent Tot (15mon – 3yrs) (45 min class) This class brings the parents onto the floor amidst the excitement in this child directed class. It's primarily for fun and parent/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	Tuesdays and Thursdays 8:45-9:30 AM	\$69.00
	PT - 2	Wednesdays 6:45-7:30 PM	\$35.00
Tiny Tot (3yrs) 50 min class 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 skills. Kinder Tot (4yrs) 50 min class This class is 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 and Wednesdays 9:10-10:00 AM	\$78.00
	TT/KT - 2	Mondays and Wednesdays 3:25-4:15 PM	
	TT/KT - 3	Tuesdays and Thursdays 10:40-11:30 AM	
	TT/KT - 4	Tuesdays and Thursdays 5:20-6:10 PM	
Depending on numbers, each class will be split into Tiny Tots and Kinder Tots			
Beginner (5 – 18yrs) (60 min class) This class is open to both boys and girls that are just 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 and Wednesdays 10:05-11:05 AM	\$88.00
	B - 2	Mondays and Wednesdays 4:20-5:20 PM	
	B - 3	Tuesdays and Thursdays 9:35-10:35AM	
	B - 4	Tuesdays and Thursdays 11:35-12:35 PM	
	B - 5	Tuesdays and Thursdays 6:15-7:15 PM	
Intermediate (5 – 18yrs) (75 min class) This class specializes in more difficult (intermediate to advanced) skills in all areas. Gymnasts must have passed level 9 in our testing program to be in this class.	I - 1	Mondays and Wednesdays 11:10-12:25 PM	\$104.00
	I - 2	Mondays and Wednesdays 5:25-6:40 PM	
	I - 3	Tuesdays and Thursdays 8:15-9:30 AM	
	I - 4	Tuesdays and Thursdays 4:00-5:15 PM	
Advanced (10 – 18yrs) 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.	Offered during the School Year Practice with our Team Program during the Summer Ask for our Team Summer Schedule		
Cheer Gymnastics (10 – 18yrs) (60 min class) This class will focus on learning gymnastics for cheerleading. They will also work on jumps and on building the flexibility and strength that is needed to be a great cheerleader.	CH - 1	Mondays 6:45-7:45 PM	\$44.00
Tramp-N-Tumble (4 and up) (90 min class) This class focuses on skills that our Show Team gymnasts use in their performances. Gymnasts will work on tumbling or floor skills and mini-trampoline skills, no beam or bars. To be in this class, you need to have passed Level 5 in our testing program.	TNT - 1	Mondays and Wednesdays 11:00-12:30 PM	\$118.00

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

***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: 10% military discount, 5% family discount, 5% multi-class discount ~ limit 1 discount per family.

****When signing up, you are registering for the entire session and will be charged accordingly unless we have 2 weeks notification.



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Summer Child Care

<p>May 28th - August 30th Days off: July 4th-5th</p> <p>Need summer child care? Kids need something to do during the summer? We have a great way for your child to spend their day and to keep active. A full day would include: Open gym time, gymnastics, fitness, outdoor activities (soccer, softball, baseball, golf, water play, going for walks, bike rides, going to the park, going to the pool, and more), crafts, games, free play time, morning and afternoon snack and lunch.</p> <p>Below is an <u>example schedule</u> of our summer days: 8:00-8:30am - Open Gym, 8:30-9:00am - Craft or Game, 9:00-9:15am - Snack, 9:15-10:15am - Outdoor activity (Soccer, softball, baseball, golf, water play, and more), 10:15-11:15am - Gymnastics, 11:15-11:45am - Open Gym, 11:45-12:00pm - Game, 12:00-12:30pm - Lunch, 12:30-1:30pm - Rest / Free Play, 1:30-4:30pm - Outdoor Activity (take a walk, bike ride, go to the park, go to the pool, etc) and Snack, 4:30-6:00pm - Gymnastics (if they didn't have in the morning), Open Gym and Free Play.</p> <p>YEAR ROUND FULL-TIME CHILDCARE STARTING IN SEPTEMBER</p>	<p>SC</p>	<p>Offered 5 days/week Mondays thru Fridays (pick your days) Open 7:45am - 6pm</p> <p><u>Hours may be chosen, but must specify hours</u> <u>Minimum of 2 hours per day</u> <u>15-29 hours per week receive 50% off Rec class</u> <u>30+ hours per week receive FREE Rec class</u> <u>Class must be during childcare hours.</u></p> <p>Ages 3 and up (must be potty trained)</p> <p>Each attendee will get lots of activities provided by the gym (pool, parks, bowling and more), transportation will be provided but paid for by you (appr \$2 per trip). You will also have access to our wonderful gymnastics facility throughout the day and great staff who will be working with them on lots of fun sports, crafts and more.</p> <p>Childcare Assistance is accepted.</p>	<p>Full time: (30+ hrs) \$165/wk</p> <p>Part time: \$40/day</p> <p>Drop-in: \$6/hr</p>
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Open Gym

<p>Offered June 3 - July 3, July 8 - August 2, August 12 - August 30</p> <p>Open to all ages and skill levels. Kids <u>4 and under</u> must be accompanied by an adult or babysitter. You can come to one or all. Pay as you go. Parent must sign release form for child to attend. You can find release forms online at www.threeriversgymnastics.com.</p>	<p>OG</p>	<p>Mondays, Tuesdays, Wednesdays, Thursdays 12:00-2:00pm</p> <p>Evening open gyms, unless a party is scheduled: Mondays & Wednesdays ~ 8:00-10:00pm Tuesdays & Thursdays ~ 7:30-9:30pm Always call ahead</p>	<p>\$7 / time (\$2 discount for members)</p>
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Private Lessons

<p>Looking to work on specific skills? Need a little extra help?</p> <p>Call or email the office to schedule a private lesson with your favorite coach.</p>	<p>PL</p>	<p>Time and date based on availability of coaches for specific program and level.</p> <p>Lessons are offered for: Gymnastics, Cheer, Dance Groups or Individuals</p>	<p>\$15/30 min \$25/hr</p>
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Gymnastics Camps: August 5-8

<p>Watch for Flyer to come out in May!</p> <p>Open to all ages and skill levels (will be grouped by skill level)</p> <p>Come have a few fun days filled with Gymnastics, Games, Snacks, Crafts, Activities and More!</p>	<p>GC</p>	<p>Monday, August 5th-Thursdays, August 8th</p> <p>Bring your own lunch!</p>	<p>Cost TBA</p>
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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 1/2 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 on the different events, games, obstacle courses and more!
 The cost for 2 hours of fun is \$90 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 summer:

Mondays & Wednesdays ~ 8:00pm

Tuesdays & Thursdays ~ 7:30pm

Fridays, Saturdays and Sundays ~ 10:00am (Fri, Sat only), 12:30pm, 3:00pm, 5:30pm, 8:00pm

Parties are offered starting at the following times during the school year:

Fridays 6:00pm, Saturdays 10:00am, 12:30pm, 3:00pm, 5:30pm & 8:00pm, Sundays 12:30pm, 3:00pm & 5:30pm

