

Summer Schedule 2019

Offered to: Advanced, Show Team, Levels: 1,2,3,4,5,6 & High School

Summer 1: June 3–June 28 (4 weeks)

Summer 2: July 8–August 2 (4 weeks)

Mornings:

Show Team: Mondays and Wednesdays – 11:00-12:30pm practice (3hrs/wk) (Tramp-N-Tumble)

Mondays – Vault 9:00-10:00am (1hr/wk), Beam 10:00-11:00am (1hr/wk)

Wednesdays – Floor 9:00-10:00am (1 hr/wk), Bars 10:00-11:00am (1 hr/wk)

Tuesdays, Thursdays 8:15am-12:15pm (4hrs/day/wk)

Afternoons:

Mondays, Tuesdays, Wednesdays, Thursdays 1:00pm-4:00pm (3hrs/day/wk)

Evenings: Please let Patty know if you are interested in an evening practice. If there are 4+ gymnasts, we will look at opening a practice.

Minimum of 4 gymnasts per practice time.

Tramp-N-Tumble (TNT) is \$118 on its own or see costs below if doing both TNT and team practices.

Team Practice Fees:

1 hr/week/session = \$40	5 hr/week/session = \$146	9 hr/week/session = \$190	13 hr/week/session = \$260
2 hr/week/session = \$76	6 hr/week/session = \$162	10 hr/week/session = \$200	14 hr/week/session = \$280
3 hr/week/session = \$105	7 hr/week/session = \$175	11 hr/week/session = \$220	15 hr/week/session = \$300
4 hr/week/session = \$128	8 hr/week/session = \$184	12 hr/week/session = \$240	16 hr/week/session = \$320

Please make sure gymnasts have RUNNING SHOES and WATERBOTTLES. Gymnasts will be exercising outside if it is nice. Also, make sure to bring a HEALTHY SNACK. There will be a 10-minute snack break.

There are also some great Recreational options if the above times do not work for you. Please see the Recreational Schedule.

If there are any changes to the schedule, we will let you know. If you have any questions or concerns, please ask Patty – BAND, 701-642-3620 or patty@threeriversgymnastics.com.

Please fill out and turn in to the office with payment.

Name: _____ Adv / ST / L1 / L2 / L3 / L4 / L5 / HS Age: _____ Grade: _____

Please circle the times you will be attending during each session.

Summer 1

Mon 9:00-10:00am	Tue 8:15am-12:15pm	Wed 10:00-11:00am	Thu 1:00pm-4:00pm
Mon 10:00-11:00am	Tue 1:00pm-4:00pm	Wed 1:00pm-4:00pm	
Mon 1:00pm-4:00pm	Wed 9:00-10:00am	Thu 8:15am-12:15pm	Mon/Wed (TNT) 11:00-12:30pm

Summer 2

Mon 9:00-10:00am	Tue 8:15am-12:15pm	Wed 10:00-11:00am	Thu 1:00pm-4:00pm
Mon 10:00-11:00am	Tue 1:00pm-4:00pm	Wed 1:00pm-4:00pm	
Mon 1:00pm-4:00pm	Wed 9:00-10:00am	Thu 8:15am-12:15pm	Mon/Wed (TNT) 11:00-12:30pm

Amount due – Summer 1: _____ Amount paid: _____ Date: _____

Amount due – Summer 2: _____ Amount paid: _____ Date: _____