

Dynamix Gymnastics 2022-2023

September 12 - June 17

Gymnastics Classes (Girls & Boys)

Class Type	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
You and Me ages 16mon-up to 3yrs			6:15-7:00pm	9:30-10:15am		
Pre Gym Morning Play ages 3-5		9:30-11:30am				
Pre Gym ages 3-5	12:45-1:45pm (ages 4-5) 4:30-5:30pm (ages 3-4) 4:30-5:30pm (ages 4-5) 5:30-6:30pm (ages 3-4) 5:30-6:30pm (ages 4-5) 6:30-7:30pm (ages 3-4) 6:30-7:30pm (ages 4-5)	12:45-1:45pm (ages 4-5) 4:30-5:30pm (ages 3-4) 4:30-5:30pm (ages 4-5) 5:30-6:30pm (ages 3-4) 5:30-6:30pm (ages 4-5) 6:30-7:30pm (ages 3-4) 6:30-7:30pm (ages 4-5)	11:30am-12:30pm (ages 3-4) 12:30-1:30pm (ages 4-5) 4:00-5:00pm (ages 3-4) 4:00-5:00pm (ages 4-5) 5:00-6:00pm (ages 3-4) 5:00-6:00pm (ages 4-5)	10:30-11:30am (ages 3-4) 10:30-11:30am (ages 4-5) 12:45-1:45pm (ages 4-5) 4:15-5:315m (ages 3-4) 4:15-5:15pm (ages 4-5) 5:15-6:15pm (ages 3-4) 5:15-6:15pm (ages 4-5) 6:15-7:15pm (ages 4-5) 6:15-7:15pm (ages 4-5)	4:30-5:30pm (ages 3-4) 5:30-6:30pm (ages 4-5)	9:00-10:00am (ages 3-4) 9:00-10:00am (ages 4-5) 10:00-11:00am (ages 3-4) 10:00-11:00am (ages 4-5) 11:00am-12:00pm (ages 3-4) 11:00am-12:00pm (ages 4-5)
Girls Division 1 ages 5+	1:45-2:45pm (ages 5-6) 4:15-5:15pm (ages 5-6) 5:15-6:15pm (ages 6-7) 5:30-6:30pm (ages 5-6) 5:45-6:45pm (ages 8+) 6:45-7:45pm (ages 8+)	4:45-5:45pm (ages 5-6) 5:15-6:15pm (ages 8+) 5:30-6:30pm (ages 6-7) 5:45-6:45pm (ages 5-6) 6:30-7:30pm (ages 5-6) 7:00-8:00pm (ages 6-7) 7:15-8:15pm (ages 8+)	4:00-5:00pm (ages 5-6) 4:45-5:45pm (ages 6-7) 5:00-6:00pm (ages 5-6) 5:45-6:45pm (ages 6-7) 6:00-7:00pm (ages 5-6) 6:15-7:15pm (ages 6-7) 7:00-8:00pm (ages 8+)	4:00-5:00pm (ages 6-7) 4:45-5:45pm (ages 5-6)	4:30-5:30pm (ages 6-7) 5:30-6:30pm (ages 5-6)	9:00-10:00am (ages 6-7) 9:15-10:15am (ages 5-6) 10:00-11:00am (ages 6-7) 10:15-11:15am (ages 5-6) 11:15am-12:15pm (ages 8+)
Girls Division 2 ages 6+	5:00-6:00pm (ages 6-7) 6:00-7:00pm (ages 8+) 6:30-7:30pm (ages 6-7) 6:45-7:45pm (ages 8+)	4:15-5:15pm (ages 8+) 4:45-5:45pm (ages 6-7) 5:30-6:30pm (ages 6-7) 6:45-7:45pm (ages 6-7) 7:00-8:00pm (ages 10+)	4:15-5:15pm (ages 6-7) 5:00-6:00pm (ages 8+) 6:00-7:00pm (ages 6-7) 7:00-8:00pm (ages 6-7) 7:15-8:15pm (ages 8+)	6:45-7:45pm (ages 8+)	4:30-5:30pm (ages 6-7) 5:30-6:30pm (ages 6-7)	9:15-10:15am (ages 6-7) 11:00am-12:00pm (ages 6-7) 11:15am-12:15pm (ages 8+)
Tumbling Classes (Co-ed)						
Tumbling Classes	7:00-8:00pm Int (ages 5-6) 7:00-8:00pm Int (ages 7+)	4:30-5:30pm Beg (ages 5-8)		7:00-8:00pm Adv (ages 7+)		
Gym Ninja Classes (Boys & Girls)						
Boys ages 5+	4:45-5:45pm (ages 5-6)	4:45-5:45pm (ages 7+) 5:45-6:45pm (ages 5-6) 6:45-7:45pm (ages 7+)		5:00-6:00pm (ages 5-6) 6:00-7:00pm (ages 7+) 7:00-8:15pm Int/Adv (ages 7+)		
Girls ages 6+	5:45-6:45pm (ages 7+)					
Invitational Gymnastics Classes (Girls)						
<i>Must be recommended by instructor</i>						
Girls Division 3 ages 6+	4:45-5:45pm (ages 6+) 5:15-6:15pm (ages 8+) 6:00-7:00pm (ages 8+) 7:00-8:00pm (ages 6+)	5:15-6:15pm (ages 8+) 6:00-7:00pm (ages 6+) 6:30-7:30pm (ages 8+) 6:45-7:45pm (ages 6+) 7:00-8:00pm (ages 8+)	5:15-6:15pm (ages 6+) 6:00-7:00pm (ages 8+) 6:45-7:45pm (ages 6+) 7:00-8:00pm (ages 8+)	5:00-6:00pm (ages 8+) 5:45-6:45pm (ages 6+) 6:30-7:30pm (ages 6+)		10:15-11:15am (ages 6+)
Div 4 Prep ages 6+	4:30-6:00pm 6:15-7:45pm	4:30-6:00pm 7:00-8:30pm	6:30-8:00pm	5:00-6:30pm 7:00-8:30pm	5:00-6:30pm	
Girls Division 4 & 5 ages 6+	5:00-7:00pm (Div 4) 6:00-8:00pm (Div 4)	6:15-8:15pm (Div 4)	4:30-6:30pm (Div 4)	4:15-6:15pm (Div 5) 6:00-8:00pm (Div 4)		
Supertots ages 3-5			4:45-6:00pm			
Hotshots ages 5-8				4:45-6:15pm		
Pre-Team	4:15-6:00pm		4:15-6:00pm			



2022-2023 Program Information

September 12-June 17

Season is ongoing Sept through June; enrollment is ongoing throughout the year. Class registration must be completed online from our website.

No Classes: Sept 26 & 27, Oct 5 & 31, Nov 8 & 23-26, Dec 22-Jan 1, Feb 20, April 4-8, May 17, May 26-29, June 10

Annual Membership Fee: *(Due on anniversary month)*

All students must be Members to enroll in class.

One child: \$35/year Family Rate (two or more): \$60/year

Monthly Tuition for Classes:

ALL FEES ARE DUE BY THE 15th OF EACH MONTH

Multi-child/multi-class discount: 10% off class of equal or lesser value.

Class	1 class per week	2 classes per week
Pre Gym, You & Me		
Division 1, 2, & 3	\$96.00/month	\$182.40/month
Gym Ninja & Tumbling		
Int/Adv Gym Ninja, & Supertots	\$136.00/month	
Division 4 Prep, Hotshots	\$141.00/month	\$267.90/month
Division 4 & 5	\$181.00/month	\$343.90/month
Pre Gym Morning Play	\$150.00/month	
Pre Team	\$240.00/month	

Make Up / Attendance Policy: Gymnasts MUST be called out absent prior to their scheduled class to be eligible to make up a missed class. Active gymnasts (ages 5+) can make up one missed class every eight weeks in Open Gym, gymnasts under 5 years of age will be scheduled in an open Pre Gym class. Make ups must be scheduled through the front desk, gymnasts must be actively enrolled in class to schedule make up classes. Unused make up classes expire eight weeks after the missed class. We do not credit/refund for missed classes. Make-ups will not be permitted for scheduled holidays.

Payment Policies: All fees are per month and charged on the 15th of the month (for the following month). Dynamix Gymnastics averages tuition based on a four-week month. There are several times during the course of a year where the student will receive 5 weeks of classes during a month and there is no additional charge. There will also be months that due to holiday, or gym programs that the student will only receive 3 weeks of lessons. (Make-ups will not be permitted for scheduled holidays). A credit/debit card on file is required and will be charged on the 15th of each month, you may pay by cash or check (at front desk) by the 14th of the month. Any refunds or credits will be charged a \$15 processing fee. Cancellations must be submitted in writing by the 10th of the month prior to a new tuition month. Cancellations after the start of a new tuition cycle will not receive a refund or credit. Dynamix Gymnastics reserves the right to cancel or change program schedules due to low enrollment. Return check fee is \$25.

Late Policy: If a charge is declined for any reason, a late fee of \$15 will be added to your account. Late fees will be strictly enforced. If payments are not made by the 20th of the month, this will result in the child being dropped from class.

Gymnastics Classes: (Girls & Boys)

YOU & ME

Ages: walker to 3

Children will explore gymnastics equipment in a safe environment under the supervision of a gymnastics instructor. Participation is encouraged and guided by a parent. This class is a wonderful opportunity for parents and children to spend time together, while learning new gross motor skills and also offering a place for the children to socialize. These children will begin to learn their basic gymnastics positions through music, games, and use of manipulative. **Only the registered child may participate, no siblings.**

(Parent participation required)

PRE GYM 3-5

Ages: 3, 4, *5

In this class we encourage parents to allow the relationship between the instructor and the child to develop. Parents are more than welcome to observe through the lobby. We will open your child's eyes to hundreds of new ways to move, swing, roll, bend, and balance their bodies. These gymnasts will become comfortable with gymnastic positions, skills and apparatus while having FUN! Students must have reached their 3rd birthday and be completely potty-trained in order to register. *Students who are 5 may be recommended for a Divisional Class by Coach.

PRE GYM MORNING PLAY

Ages: 3, 4, 5

This is a 2-hour program for boys and girls ages 3-5 years who are potty trained. Preschoolers learn best through play, in this class gymnasts will get their energy out while learning and reinforcing the skills they will need for kindergarten. This program will include learning colors, letters and numbers, gymnastics class, ninja and obstacle course challenges, games, crafts, and a snack. Our preschoolers will roll, jump, play, and learn all while making new friends and having fun all while getting ready for kindergarten!

DIVISION 1

Ages 5-6, 6-7, 8+, & 10+

A Division 1 class is designed for children 5 years and older who are new to the sport of gymnastics. This program will teach basic gymnastics skills on Balance Beam, Floor Exercise, Uneven Bars, Vault and Trampoline/Tumble Track. Gymnasts will become comfortable with beginner gymnastics positions and skills.

DIVISION 2

Ages 6-7, 8+, & 10+

A Division 2 class is designed for children who have taken gymnastics for at least one year. These children are comfortable with their basic positions and skills and have a basic understanding of each piece of equipment. In this class, gymnasts will continue to train their basic skills and begin to add more difficult requirements to their mastered skills. Examples of necessary skills are a backward roll, handstand, and cartwheel.

Gym Ninja Classes: (Girls & Boys)

GYM NINJA

Ages 5+

Gym Ninja is a class designed to build, strength, coordination and agility through gymnastics tumbling as well as obstacle courses. This class will concentrate on basic Floor tumbling, with Tumble Track and Trampoline added to enhance tumbling skills. These skills will then be incorporated into "Ninja" obstacle courses which will change each week.

INTER/ADV GYM NINJA (Invitation only).

Ages 7+

This class will take Gym Ninja to the next level, with intermediate/advanced tumbling, trampoline, and obstacle courses.

EVALUATIONS: Children ages 6+ that have attended formal gymnastics classes in the past; contact the front desk to schedule your child's evaluation. Children that do not have formal gymnastics experience should start in a Division 1 class.

181 Wheeler Court, Suite C, Langhorne, PA 19047
215-757-0111 info@dynamixgymnastics.com
www.dynamixgymnastics.com

Tumbling Classes: (Co-ed)

BEGINNER TUMBLING

Ages 5+

Must understand how to do a cartwheel and bridge up with straight arms.

INTERMEDIATE TUMBLING

Ages 5+

Must have an unassisted bridge kickover on floor and master a cartwheel.

ADVANCED TUMBLING

Ages 7+

Must have an unassisted standing back handspring on floor.

Tumbling program is designed for gymnasts, cheerleaders and dancers interested in improving their tumbling skills. Students will work on basic floor skills to continue strengthening their bodies, as well as the essential tumbling skills for cheerleaders such as back handsprings and round-offs.

Invitational Classes: (Girls)

DIVISION 3

Ages 6+, 8+, & 10+

This class is designed for students who show great improvement in strength and flexibility, enabling them to master their basic skills. These gymnasts will begin to increase their strength and flexibility in order to introduce drills for more advanced skills. It will take 1 or more years to complete the requirements of Division 3. Examples of necessary skills are a bridge kickover, mastered handstand, and pull-over on Bars.

DIVISION 4 PREP

Ages 6+

This class is designed for students who have mastered their basic skills through strength, flexibility, form, and technique. These gymnasts will learn intermediate skills on all Olympic events. In this class gymnasts will prep for moving up to Division 4. Examples of necessary skills are back bend, back hip circle on bars, and a handstand on low beam.

DIVISION 4

Ages 6+

Gymnasts will work on intermediate through advanced skills. It will take most gymnasts 1 or more years to complete the requirements. Examples of necessary skills are a front limber, back hip circle on, and handstand on high beam.

DIVISION 5

Ages 6+

Must have completed at least 1 year of Division 4. Example of necessary skill is a standing back handspring.

SUPERTOTS

Ages 3-5

HOTSHOTS

Ages 5-8

Additional Programs: (Co-ed)

KIDS NIGHT OUT (3rd Sat of the month) **6:00-9:00pm** Ages 5+
 Members \$35/ Non-members \$45 (\$5 off multi child discount)

CLINICS (see event calendar for dates & details) **12:30-1:30pm** Ages 6+
 Members \$25/ Non-members \$35 *Pre-registration required.*

OPEN GYM **Friday 6:30pm-8:00pm** Ages 5+
 Get the kids out of the house and into the gym! Open Gym is a supervised unstructured program, students may go on equipment that is available and work the skills of their choice.
 Members \$12/ Non-members \$18 *Pre-registration recommended, limited space.*

HOMESCHOOL (1st Thurs of the month) **1:45pm-3:00pm** Ages 5+
 Homeschool gymnastics offers families an alternative to your child's physical education classes. Elements from all gymnastic events are available in an open gym format. This program offers overall body fitness, coordination development, and helps build confidence. This program is for gymnasts of all skill levels.
 Members \$20/ Non-members \$25 *Pre-registration required.*

PLAY GROUP **Wednesday 10:00am-11:00am** Ages 2-5
 Playgroup is an hour-long session where parents can bring their child to the gym for unstructured open play. Parents must stay with child.
 Members \$7/Non-members \$10 *Pre-registration not required.*