

# Dynamix Gymnastics Summer 2024

June 24 - August 23, 2024

## Gymnastics Classes (Girls & Boys)

Class Type	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>You and Me</b> ages 16mon-up to 3yrs			6:20-7:05pm	
<b>Pre Gym</b> age 3-5	4:35-5:30pm (ages 3-4) 4:35-5:30pm (ages 4-5) 5:35-6:30pm (ages 3-4) 5:35-6:30pm (ages 4-5) 6:35-7:30pm (ages 4-5) 6:35-7:30pm (ages 4-5)	4:20-5:15pm (ages 3-4) 4:20-5:15pm (ages 4-5) 5:20-6:15pm (ages 3-4) 5:20-6:15pm (ages 4-5) 6:20-7:15pm (ages 3-4) 6:20-7:15pm (ages 4-5)	4:05-5:00pm (ages 3-4) 4:05-5:00pm (ages 4-5) 5:05-6:00pm (ages 3-4) 5:05-6:00pm (ages 4-5)	4:35-5:30pm (ages 3-4) 4:35-5:30pm (ages 4-5) 5:35-6:30pm (ages 3-4) 5:35-6:30pm (ages 4-5) 6:35-7:30pm (ages 3-4) 6:35-7:30pm (ages 4-5)
<b>Girls Division 1</b> ages 5+	4:05-5:00pm (ages 5-6) 5:05-6:00pm (ages 5-6) 5:50-6:45pm (ages 6-7) 6:05-7:00pm (ages 5-6) 6:20-7:15pm (ages 8+) 6:50-7:45pm (ages 6-7)	4:50-5:45pm (ages 6-7) 5:35-6:30pm (ages 6-7) 5:50-6:45pm (ages 5-6) 6:50-7:45pm (ages 5-6) 7:05-8:00pm (ages 8+) 7:20-8:15pm (ages 6-7)	5:05-6:00pm (ages 5-6) 5:50-6:45pm (ages 6-7) 6:05-7:00pm (ages 8+) 6:20-7:15pm (ages 6-7)	5:05-6:00pm (ages 5-6) 5:35-6:30pm (ages 6-7) 6:05-7:00pm (ages 5-6) 6:50-7:45pm (ages 6-7)
<b>Girls Division 2</b> age 6+	4:35-5:30pm (ages 6-7) 5:20-6:15pm (ages 8+) 5:35-6:30pm (ages 6-7) 6:05-7:00pm (ages 8+)	4:50-5:45pm (ages 6-7) 5:05-6:00pm (ages 8+) 6:05-7:00pm (ages 6-7) 6:35-7:30pm (ages 6-7) 7:05-8:00pm (ages 8+)	4:50-5:45pm (ages 6-7) 5:50-6:45pm (ages 6-7) 5:50-6:45pm (ages 8+) 6:20-7:15pm (ages 8+)	4:35-5:30pm (ages 6-7) 5:20-6:15pm (ages 8+) 5:50-6:45pm (ages 6-7)

## Tumbling Classes (Co-ed)


<b>Tumbling Classes</b> ages 6+	7:05-8:00pm (Intermediate) 7:05-8:00pm (Advanced)		7:05-8:00pm (Beginner) 7:05-8:00pm (Intermediate)	
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## Gym Ninja Classes (Boys & Girls)

<b>Boys</b> ages 5+	5:20-6:15pm (ages 5-6) 6:20-7:15pm (ages 7+)		5:35-6:30pm (ages 5-6) 6:35-7:30pm (ages 7+)	4:50-5:45pm (ages 5-6) 5:50-6:45pm (ages 7+) 6:50-8:00pm (Int/Adv (ages 7+) (invitational))
<b>Girls</b> ages 6+	4:50-5:45pm (ages 7+)			

## Invitational Gymnastics Classes (Girls)

*Must be recommended by instructor*

<b>Girls Division 3</b> ages 6+	5:05-6:00pm (ages 8+) 5:50-6:45pm (ages 6+) 7:05-8:00pm (ages 8+)	4:35-5:30pm (ages 6+) 5:50-6:45pm (ages 8+) 7:05-8:00pm (ages 10+)	4:50-5:45pm (ages 6+) 5:20-6:15pm (ages 8+) 6:05-7:00pm (ages 6+)	4:50-5:45pm (ages 8+) 5:50-6:45pm (ages 6+) 7:05-8:00pm (ages 8+)
<b>Div 4 Prep</b> ages 6+	4:20-5:45pm	4:50-6:15pm 6:50-8:15pm	4:35-6:00pm	7:05-8:30pm
<b>Girls Division 4 &amp; 5</b> ages 6+	6:35-8:30pm (Div 4)	4:35-6:30pm (Div 4) 6:20-8:30pm (Div 4)	4:20-6:15pm (Div 5) 6:05-8:00pm (Div 4)	6:20-8:15pm (Div 4)
<b>Pre Team</b> ages 6+, twice/wk		4:00-6:30pm		4:00-6:30pm
<b>Supertots</b> ages 3-5			4:45-6:00pm	215-757-0111 info@dynamixgymnastics.com
<b>Hotshots</b> ages 5-8			4:30-6:00pm	

# Summer 2024

## Dynamix Gymnastics Details & Fees

Summer Session: June 24-August 23, 2024 (No class July 3 & 4)

**Registration:** All gymnasts must re-register for Summer Session.

Member Registration: May 6      New-Members Registration: May 13

**Annual Membership Fee:** Membership required to enroll in a class, fee due on anniversary month.

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

**Summer Tuition for Classes:** Register for classes online through the parent portal or our website.

### Important Summer Session Information:

- Summer Class options: 7 or 9 weeks.
- If enrolling for only 7 weeks: note days not attending in comment section.
- Multiple child/classes discount is 10% off additional classes of equal or lesser value.

Class	1 class/ 9 weeks	2 classes/ 9 weeks	1 class/ 7 weeks	2 classes/ 7 weeks
Pre Gym, You & Me Division 1, 2, 3, Gym Ninja & Tumbling	\$225.00 summer (two payments of \$112.50)	\$427.50 summer (two payments of \$213.75)	\$179.00 summer (two payments of \$89.50)	\$340.10 summer (two payments of \$170.05)
Supertots & Adv. Gym Ninja (1.25 hours)	\$305.00 summer (two payments of \$152.50)		\$240.00 summer (two payments of \$120.00)	
Division 4 Prep & Hotshots (1.5 hours)	\$335.00 summer (two payments of \$167.50)	\$636.50 summer (two payments of \$318.25)	\$265.00 summer (two payments of \$132.50)	\$503.50 summer (two payments of \$251.25)
Division 4 & 5 (2 hours)	\$420.00 summer (two payments of \$210.00)	\$798.00 summer (two payments of \$399.00)	\$330.00 summer (two payments of \$165.00)	\$627.00 summer (two payments of \$313.50)
Pre-Team twice per week (5 hours/class)		\$690.00 summer (two payments of \$345.00)		

**Summer 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 registered for 7 weeks can make up one class in the summer session & active gymnasts registered for 9 weeks can make up two classes in the summer session. Make up classes must be scheduled through the front desk, gymnasts must be actively enrolled in class to schedule a make up classes. Unused make up classes expire August 23, 2024. Missed classes will NOT receive a credit or refund.

**Cancelation Policy:** Cancellations after June 1, 2024 will not receive a refund or credit. Refunds will not be given after June 1, 2024 at any time for programs cancelled by participants. ANY REFUNDS OR CREDITS WILL BE CHARGED A \$15 PROCESSING FEE. Dynamix Gymnastics reserves the right to cancel or change program schedules due to low enrollment.

**Payment Policies:** Tuition for summer is charged in two payments. The first payment equaling 50% of total summer tuition will be charged at time of registration (including annual membership fee if due), the remaining 50% of tuition will be charged on July 1, 2024. A credit/debit card on file is required to process tuition. After July 1, 2024 summer tuition & the annual membership fee are due in full at the time of registration.

**Late Policy:** If a charge is declined or cannot be processed, a late fee of \$15 will be added to your account. Late fees are strictly enforced. Return check fee is \$25.



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www.dynamixgymnastics.com      215-757-0111      info@dynamixgymnastics.com

Gymnastics Classes: (Girls & Boys)

### YOU & ME (Co-ed)

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 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)**

**Ages: walker to 3**

### PRE GYM 3-5 (Co-ed)

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 to register. \*Students who are 5 may be recommended for a Divisional Class by Coach.

**Age: 3, 4, \*5**

### DIVISION 1 (Girls)

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.

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

### DIVISION 2 (Girls)

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.

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

### Gym Ninja Classes: (Girls & Boys)

#### GYM NINJA

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. Skills will then be incorporated into "Ninja" obstacle courses which will change each week.

**Ages 5+**

**INTERMEDIATE/ADVANCED** Invitational must be invited into class by a coach

**Ages 7+**

### Tumbling Classes: (Co-ed)

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

**Ages 5+**

**INTERMEDIATE TUMBLING** Must have an unassisted bridge kickover on floor.

**ADVANCED TUMBLING** Must have an unassisted standing back handspring on floor.

The Tumbling program is designed for the more serious gymnasts or cheerleaders interested in improving their tumbling skills on the Floor and Trampoline. 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)** Invitational classes must be recommended by a coach.

#### DIVISION 3

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.

**Ages 6+, 8+, & 10+**

#### DIVISION 4 PREP

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. 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.

**Ages 6+**

#### DIVISION 4

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

**Ages 6+**

#### DIVISION 5

Must have completed at least 1 year of Division 4. Must be recommended by an instructor to enroll in this class. An example of necessary skill is a standing back handspring.

**Ages 6+**

**SUPERTOTS** Ages 3-5

**HOTSHOTS** Ages 5-8

**PRE-TEAM (twice per week)** Ages 5+

**NEW GYMNAST EVALUATIONS:** If your child is new to our gym and has prior experience an evaluation is recommended before registering, to schedule email [info@dynamixgymnastics.com](mailto:info@dynamixgymnastics.com).