

# I-POWER SCHOOL OF GYMNASTICS, INC.

215 S. Staley Road, Champaign, IL 61822

217-359-3081

ipowergymnastics@yahoo.com

[www.ipowergymnastics.com](http://www.ipowergymnastics.com)

Co-owned by Kevin Burnside and Dena Slade



## **RECREATIONAL PROGRAM – 4TH QUARTER**

**(10-week Session) March 29, 2010 – June 5, 2010** \*no class April 3rd and May 31

\*Prices are pro-rated if your child registers after the session start date.

## **CLASSES**

### **PRESCHOOL (45 MINUTES)**

As an introductory class for 3 and 4 year olds, this class is challenging, rewarding, and a cool experience for any preschooler needing structured playtime. You can expect to see improvement in your child's coordination, speed, confidence, and agility.

**Class ratio is 1 instructor to 6 children.**

Cost: \$115.00 (once a week class) \$180.00 (twice a week class)

Monday	Tuesday	Wednesday	Thursday	Saturday
9:00 – 9:45am		10:00 – 10:45am	9:00 – 9:45am	9:30 – 10:15am
	5:15 – 6:00pm	4:15 – 5:00pm	4:15 – 5:00pm	
5:15 – 6:00pm		5:30 – 6:15pm		
		6:30 – 7:15pm		

### **BEGINNER (60 MINUTES)**

This is an introductory level class for ages 5 and older. The class teaches the fundamentals of gymnastics. Class time will be spent stretching, conditioning and mastering basics on each event including bars, floor, beam and vault.

**Class ratio is 1 instructor to 8 children.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15 – 5:15pm		5:15 – 6:15pm	5:15 – 6:15pm		10:30 – 11:30am
6:15 – 7:15pm	4:15 – 5:15pm	6:15 – 7:15pm			

Cost: \$150.00 (once a week class) \$250.00 (twice a week class)

### **GIRLS INTERMEDIATE (120 MINUTES)**

This class is for ages 5 and older for participants who have mastered the fundamentals of the beginner class.

**By recommendation only!**

**Class ratio is 1 instructor to 8 children.**

Cost: \$250.00 (once a week class) \$410.00 (twice a week class)

Tuesday	Thursday	Saturday
6:00 – 8:00pm	6:00 – 8:00pm	10:30am – 12:30pm

### **CREATE YOUR OWN CLASS**

This class is for a group of friends and/or relatives. Class time will be constructed to meet the needs and goals of the participants and their schedule. **(Minimum of 3 participants required)**

Cost:

	Once a week	Twice a week
45 minutes	\$115.00	\$180.00
60 minutes	\$150.00	\$250.00
120 minutes	\$250.00	\$410.00

### **BEGINNING TUMBLING (60 MINUTES)**

This class includes no apparatus work! The class teaches the fundamentals of tumbling and basic acrobatics. Class time will be spent stretching, conditioning to strengthen muscles and mastering basic tumbling skills.

**Class ratio is 1 instructor to 8 children.**

Cost: \$150.00 (once a week class) \$250.00 (twice a week class)

Thursday	Saturday
4:15 – 5:15pm	9:30 – 10:30am

### **INTERMEDIATE TUMBLING (60 MINUTES)**

This class is for ages 5 and older for participants who have mastered the fundamentals of the beginning tumbling class.

**By recommendation only!**

**Class ratio is 1 instructor to 8 children.**

Cost: \$150.00 (once a week class) \$250.00 (twice a week class)

Thursday	Saturday
5:15 – 6:15pm	10:30am – 11:30pm

### **BOYS BEGINNER (60 MINUTES)**

This is an introductory level class for ages 5 and older. The class teaches the fundamentals of gymnastics. Class time will be spent stretching, conditioning and mastering basics on each event.

**Class ratio is 1 instructor to 8 children.**

Cost: \$150.00 (once a week class) \$250.00 (twice a week class)

Wednesday	Saturday
6:30 – 7:30pm	10:30am – 11:30am

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## **OPEN GYM**

### **PRESCHOOL OPEN GYM**

Preschool Open Gym is for children and parents to enjoy gymnastics at their own pace and leisure. Supervision is provided!

Cost: \$5 (per child)

Monday	Thursday	Saturday
10:00 – 11:00am	10:00 – 11:00am	12:30 – 1:30pm

### **OPEN GYM**

Open Gym is for anyone age 5 years and older to enjoy gymnastics at their own pace and leisure. Participants under 18 must be accompanied by a parent.

Cost: \$5 (per person)

Monday	Wednesday	Saturday
8:30 – 9:30pm	8:30 – 9:30pm	12:30 – 1:30pm

## **FOR YOUR INFORMATION**

- Be sure to pick-up a copy of our Rules and Policies Information Sheet!
- Make-up classes should be scheduled at the Front Desk!
- Session Report Cards are issued 2 weeks prior to the end of each session. Keep track of your child's progress!
- We are a service business. Please feel free to Email Kevin and Dena with suggestions and concerns at [ipowergymnastics@yahoo.com](mailto:ipowergymnastics@yahoo.com)

## **SPECIAL EVENTS**

### **FIELD TRIPS**

Field trips may be arranged for schools and organizations. Please contact us at [ipowergymnastics@yahoo.com](mailto:ipowergymnastics@yahoo.com) for more information!

### **BIRTHDAY PARTIES**

We offer no hassle birthday parties! Stop by our facility and pick up a party brochure or visit [www.ipowergymnastics.com](http://www.ipowergymnastics.com)

## **I-POWER SCHOOL OF GYMNASTICS FAMILY MEMBERSHIPS**

**SEPTEMBER 1, 2009 – AUGUST 31, 2010**

- + \$10 off pre-paid/pre-registered programs
  - + \$10 off birthday party
  - + 5 – Open Gym Sessions
- VALUE of \$85 for ONLY \$48

Membership is pro-rated if purchased after 9-1-09.