



EMPOWER :: ACHIEVE :: INSPIRE

**KIDMOTION: School Year 2018-19**

September 4<sup>th</sup> – June 15<sup>th</sup>

Prices Pro-rated based on start date.

**Dec & June ½ price for holiday break and end date.**

Family Membership Cost: \$35.00 Annually

Sensory open play Tues. 4-6pm. (\$5per child/ Member, \$10per child/Non)

For more information or to enroll your child in classes, please contact  
Miss Danielle at (240) 707 – 8543, dmaught@pmchag.com or on Facebook:  
Danielle PmcHag

### **Adaptive Classes**

**Mighty Movers Adaptive Sports Skills (3-6 years) Tues. 3:15pm**

**Mega Movers Adaptive Sports Skills (6+ years) Wed. 3:15pm**

**Early Enrollment: \$80/month, Standard Enrollment \$85/month**

For friends who need a little extra help our adaptive classes get our friends moving and working as a team! Class length is 45 minutes.

### **Parent/Child Classes**

From infant to toddler, these classes promote early development and provide a strong foundation for your child's critical first three years. Parents will be taught spotting skills to promote skill growth and create a fun atmosphere for both parent and child.

**Rockin' Rollers (5-12 months) Thurs. 9:15am**

**Early Enrollment: \$40/month, Standard Enrollment \$45/month**

This Rockin' Rollers class helps to both physically and emotionally start your child on the right track, while also introducing you to other new mommies! Class length is 45 minutes.

**Tumbling Tots (12-21 months)**

**Choose one class time: Mon. 5:45pm, Tues. 9:30am, Thurs. 10:15, Sat. 9:45am**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

Once walking, your child will be on a whole new journey in the gym! This tumbling class will allow your child to learn and play in a safe and fun environment! Class length is 45 minutes.

**Beaming Balancers (21mo – 3yrs)**

**Choose one class time: Tues. 10:15am, Wed. 4:00pm, Thurs. 11:15am, Fri. 9:30, Sat. 10:30am**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

Our beaming balancers will learn more about movement and strength while we help prepare them to be preschoolers! Class length is 45 minutes.

**Knee-High Ninjas (2 ½ - 4 years) Choose one class time: Thurs. 5:15pm, Fri. 10:15am**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This parent child class is aimed to help your child learn independence and get ready to move on to our pre-k class program while developing strength, agility and confidence! (Partial parent participation.) Class length is 45 minutes.

**Music and Movement (21mo – 3 years) Thurs. 4:30pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This parent child class will focus on rhythm and play! Using instruments and our bodies to create sounds and get moving! Class length is 45 minutes.

**Mommy and Me Fitness Fun (9mo – 24mo) Thurs. 3:15pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This fun workout class will get both mommy and child moving! Mommies will be working on building their upper body strength, core strength and endurance while bonding with their child! Class length is 45 minutes.

## Pre-K Classes

### **New Moves (3-5 years)**

**Choose one class time: Mon. 12:15pm, Mon. 2:45pm, Tues. 11:00am\*, Fri. 3:30pm\***

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This transitional program is focused primarily on the fundamentals of movement and rhythm while becoming more independent! Class length is 60 minutes.

**Juniors (3-6 years) Choose one class time: Mon. 4:45pm\*, Tues. 11:00am\*, Wed. 9:00am, Thurs. 12:15pm, Fri. 3:30pm\*, Sat. 11:15am**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

The preschool and kindergarten gymnastics classes help your child channel their boundless energy while making strides in their physical development! Class length is 60 minutes.

**Junior Elite (3-6 years) Choose one class time: Mon 4:45pm\*, Wed. 6:00pm, Thurs. 4:00pm**

**Junior Elite/Grade School Combination class: Tues. 12:15pm\*, Thurs. 6:00pm\***

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

**Ask about enrolling for our PMC SHOW TEAM! (Practice Fri. 7:30)**

GS Practice time Fri. 6:30-7:30pm (\$5per child/ Member, \$10per child/Non-members)

This elite preschool and kindergarten gymnastics is focused on building your child's gymnastics skills and strength while having fun! Class length is 60 minutes.

**Music and Movement (3 - 6 years) Tues. 6:15pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This pre-k class will focus on rhythm and play! Using instruments and our bodies to create sounds and get moving! Class length is 45 minutes.

## Specialty Classes

### **All Stars (3-6 years)**

**Choose one class time: Tues. 7:00pm, Fri. 11:15am**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

The sports skills class is an opportunity for children to learn sports skills step by step. We will review rules of the sports and work with the children in a team setting teaching sportsmanship along the way. Class length is 60 minutes.

### **Ninja Moves (4-8 years)**

**Choose one class time: Mon. 3:45pm, Wed. 4:45pm, Fri. 12:15pm, Fri. 4:30pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This Ninja skills class will not only contain obstacles and speed but will focus on getting the body in movement while safely learning how to free run, vault, and do parkour skills that will test your child's agility and strength! Class length is 60 minutes.

## Grade School Classes –

**Ask about enrolling for our PMC SHOW TEAM! (Practice Fri. 7:30)**

GS Practice time Fri. 6:30-7:30pm (\$5per child/ Member, \$10per child/Non-members)

**Grade School (6-12 years) Choose one class time:**

**Beginner: Tues. 12:15pm\*, Thurs. 6:00pm\***

**Grade School Elite: Intermediate/Advanced- Mon. 6:30pm, Thurs. 7:00pm, Sat. 12:15pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This grade school gymnastics class is segmented to allow for skill growth at any level. We will work with each child to conquer each skill at their own pace! Class length is 60 minutes.

**Boys GS Gymnastics (6-12 years) Fri. 5:30pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This grade school class is all about the boys! Working on conquering tougher gymnastics skills while developing upper body strength, core strength, and overall body coordination. Class length is 60 minutes.

**Ninja Elite (6-12 years) Wed. 7:00pm**

**Early Enrollment: \$60/month, Standard Enrollment \$65/month**

This Ninja skills class will not only contain obstacles and speed but will focus on getting the body in movement while safely learning how to free run, vault, and do parkour skills that will test your child's agility and strength! Class length is 60 minutes.