



EMPOWER :: ACHIEVE :: INSPIRE

KIDMOTION: Summer 2019

June 17th – August 31st

(No Class July 4th)

Prices Pro-rated based on start date.

Family Membership Cost: \$35.00 Annually

For more information or to enroll your child in classes, please contact

Miss Danielle at 240.707.8543, dmaught@pmchag.com

or on Facebook at: Danielle PmcHag

Adaptive Classes

***A licensed therapist will be assisting and adapting activities in the adaptive classes for each child on an individual basis.**

Mighty Movers (3+ years) Adaptive Sports Skills. Wed. 3:15pm

One Payment of \$220 or Two Payments of \$110 (First at enrollment, Second on Aug 1st)

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)

Class times pending. For more information contact Miss. Danielle 240.707.8543

One Payment of \$110 or Two Payments of \$65 (First at enrollment, Second on Aug 1st)

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, Thurs 3:15*, Friday. 9:00am, Sat. 9:45am

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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, Tues. 3:30pm, Thurs. 3:15pm*, Fri. 9:45am, Sat. 10:30am

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

In this class our beaming balancers will learn more about movement and strength while we help prepare them to be pre-schoolers! Class length is 45 minutes.

Knee-High Ninjas (2 ½ - 4 years) Choose one class time: Thurs. 5:15pm, Fri. 10:30am, Sat. 9:00am

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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! Class requires partial parent participation. Class length is 45 minutes.

Pre-K Classes

New Moves (3-5 years)

Choose one class time: Mon. 2:45pm, Tues 12:30pm

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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. 4:45, Thurs. 4:00pm, Friday 11:15am, Sat. 11:15am

Junior Elite (3-6 years) – Tues. 4:15pm, Wed. 6:00pm

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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.

Specialty

Ninja Moves (4-8 years)

Choose one class time: Mon. 3:45pm, Tues. 5:15pm, Wed. 5:00pm, Fri. 12:15pm

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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.

All Stars (3-6 years)

Choose one class time: Wed. 4:00pm

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.

Grade School Classes:

Gymnastics classes for the grade school kids are segmented to allow for skill growth at any level. Each new achievement leads to new found confidence, determination and a desire to continue improving gymnastics skills!

Grade School (6-12 years)

Choose one class time: Mon. 6:30pm (Inter/Adv), Tues. 7:15pm (Invite only), Thurs. 6:00pm (Beginner), Thurs. 7:00 (Inter/Adv), Saturday 12:15pm (Combo)

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

This beginner/intermediate 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) Tues. 6:15

One Payment of \$165 or Two Payments of \$90 (First at enrollment, Second on Aug 1st)

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) Tues. 5:15pm*, Wed. 7:00pm

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

This Ninja skills class will not only contain obstacles and speed, but will also 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.