

Irving Gymnastics is returning to North Hills!

Families today are busy and for many working parents it is hard to find the time to bring children to an extra activity in the evenings or on weekends. Irving gymnastics conveniently delivers quality gymnastics classes every week to the students of North Hills. Each week children will learn new skills in a fun and exciting 55 minute classes.

Every gymnastics class will begin with a warm-up, which includes stretching and going over our gymnastics positions, before we begin our gymnastics circuit. Each month we will be doing fun and innovative themed age-appropriate lesson plans to discover all that gymnastics has to offer. We will be using all the gymnastics equipment throughout the month such as; single rail bar, balance beam, incline mats, springboard, trampoline, panel mats, trapezoids, barrel mats, and much more! Your child will learn proper technique and terminology while having fun in a creative and safe environment.

Classes:

Classes are in the Gym on Wednesdays after school and begin on Wednesday, September 7th . We offer two classes in the afternoons. Our first class is from 2:15-3:15pm and is for children who are NOT enrolled into the aftercare program. The second class is from 3:30-4:30pm and is for children who are enrolled into the aftercare program. We offer a boys class during the 2:15-3:15pm class.

Tuition Rates:

- 1 Child - \$145 per nine week session
- 2 Children - \$200 per nine week session

- 3 Children - 255 per nine week Session

There are 4 session throughout the year. The first session will be only 5 weeks long as we will not start gymnastics until September 7th. The first session will only be \$85 for 1 child and \$125 for 2 children and \$165 for 3 kids.

Tuition Charge Dates:

- September 7th - 5 weeks
- October 12th - 9 weeks
- January 11th - 9 weeks
- March 22nd - 9 weeks

Attire:

Girls can bring a leotard in their backpacks and change into it before class. You can get leotards or biketards at Target or Wal-Mart. Boys need to bring a pair of athletic shorts and just any t-shirt. Girls need to have their hair put in a ponytail or braided on gymnastics days.

To Register:

- On the homepage of our website click "Join Us"
- On the next page click on the "Classes" tab on the left
- On the next page you can search for a Wednesday class and it will pull up the North Hills classes.
- Just create a Log-in and follow the directions to register for the class.

If you have any questions please feel free to contact us at 972-254-1914 or

email us at irvinggymnastics@hotmail.com.

Shelly Patrick

Director

Irving Gymnastics

www.irvinggymnastics.net