

Session dates 2011/2012

**Session 1:** Sept. 6 - Oct 17  
(Closed Labor Day)

**Session 2:** Oct. 18 - Dec. 5  
(Vacation Nov. 20-27)

**Session 3:** Dec. 6 - Jan. 30  
(Vacation Dec 18 - Jan 2)

**Session 4:** Jan. 31 - March 17  
(Vacation February 21- 26)

**Session 5:** March 19 - May 5  
(Vacation April 15-22)

**Session 6:** May 7 - June 18  
(Closed memorial Day)

**2011-2012 prices will be...**

**Toddlers**

Full-\$73 Session 1,2,3 or 4,5,6-\$199

**Kindergym**

Full-\$97 Session 1,2,3 or 4,5,6-\$271

**Recreational**

Full-\$122 Session 1,2,3 or 4,5,6-\$346

**Advanced Recreational**

Full-\$193 Session 1,2,3 or 4,5,6-\$558

*Annual registration Fee \$20.00*

CLASSES ARE SUBJECT TO CHANGE  
THIS IS NOT A SCHOOL SPONSORED ACTIVITY

357-4530

**CLASS  
SCHEDULE  
2011/2012**

*American School of Gymnastics  
175 Martell Court  
Keene, NH 03431*



**"Teaching Gymnastics  
Since 1977."**

*"Now celebrating 34 years of teaching  
gymnastics in Keene"*

American School of Gymnastics Inc.  
175 Martell Court  
Keene, NH 03431  
(603) 357 4530

*Welcome to The American School of  
Gymnastics.*

Our mission is to encourage happy, confident students for a lifetime of fitness, fun and safety.

The programs of the school are designed to offer children quality physical education, and fitness through fun. Our programs are intended to give children an outlet for vigorous exercise, a chance to challenge their courage and sharpen their co-ordination. Our classes are tailored to fit the various development levels of children aged as young as 18 months through to adults.

All of us at the American school would like to thank you for your interest in our programs.

*Our staff is....*

*Safety Certified by USA Gymnastics*

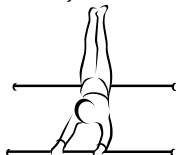
*First aid certified through the*

*American Red Cross*

*Qualified School Teachers*

*We attend specialized workshops and conferences to keep up with the latest advances in children's fitness.*

*Our equipment meets all USA Gymnastics specifications. We have a spring floor, balance beams, vaulting horses and tables, uneven and parallel bars, rings, rope, trampolines and specialized pre school equipment and much, much more.*



**357-4530**

## CLASSES OFFERED

**TODDLERS:** a 45 minute parent participation class designed to help parents stimulate their child's gross-motor skills, co-ordination, strength, spatial awareness, confidence and social skills.

Ages 1½ to 3½ years

Offered: Monday 9:30, 10:30,  
Tuesday 9:30, 10:30  
Wednesday 9:30, 10:30  
Saturday 1:15

Cost per 6-week session: \$73.00

**KINDERGYM:** a 55-minute class emphasizing the basics of physical education, social and developmental skills.

Ages 3½ to 6 years

Offered: Wednesday 1:00, 2:00  
Thursday 9:30, 10:30, 1:00, 2:00  
Friday 9:30, 10:30, 3:30 & 4:30  
Saturday 12:00

Cost per 6-week session: \$97.00

**RECREATIONAL:** a 1¼ hr. class to develop physical fitness, co-ordination and self-confidence through direct instruction and problem solving.

Ages 5 to 18 years

Offered: Tuesday 3:30, 4:45  
Wednesday 6:00  
Thursday 3:30, 4:45, 6:00  
Saturday 9:00, 10:15

Cost per 6-week session: \$122.00

**ADULT SPECIAL NEEDS:** a 45 minute class for ambulatory adult special needs clients and their day Carers designed to increase mobility for daily living, spatial awareness, co-ordination, balance and sensory integration

Offered: Tuesday 2.00 or Thursday 11.30

Cost per 6-week session : \$73.00

**CLASSES ARE SUBJECT TO CHANGE.**

*This is not a school-sponsored activity.*

**ADVANCED RECREATIONAL:** a 2hr. class for students who want to have the fun of a recreational class, but have mastered certain basic gymnastic skills.

*(Teacher recommendation only.)*

Ages 6 to 18 years

Offered: Tuesday: 5:00, Wednesday 3:30  
Saturday 9:00

Cost per 6-week session: \$193.00

**THE STARS PROGRAM:** These programs are for students who are interested in achieving a higher degree of proficiency in their gymnastics skills. They meet more than once a week and focus on learning the U.S.A. Gymnastics skill. development program.

*(Coach recommendation only.)*

### TWO-DAY

Tues./Sat. 3:30-5:00/9:00-10:30 for ages 5-7 yrs

Tues./Thurs. 3:30-5:00 for ages 8-10 yrs

Wed./Sat. 5:30-7:00/10:30-12:00 ages 10+ yrs

### Advanced two day

Tues./Thurs. 5:00-7:00

### Pre-Team

Mon/Thurs. 3:30-6:00

### Spirits Team

Level 4 Mon/Fri 3:30-6:30

Level 5 Mon/Fri 3:30-6:30 & Wed. 3:30-6:00

Level 6 Mon/Wed/Fri 3:00-6:00

Other specialized programs - please call for information on our programs that relate to other sports, such as snowboarding, diving, ice-skating, ball sports and cheerleading.

### Birthday parties!

Our parties are tremendously popular! They run for 1½ hrs. for ages 3 and up. Let us do the work - you and your guests just have fun. Give us a call for a current party brochure or to schedule your next party.

Registration fee per school year \$20.00

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