



# Fallbrook Gymnastics Club

342 Industrial Way Suite # 103

**760-723-1345**

## Mom & Me Toddler Program (1 & 2 year olds)

This program is designed for children 1 and 2 years old. It allows for the child to explore with the comfort of having a parent by their side. The parent assists the child through a full range of exercises, activities, and games that help build basic coordination, strength, and agility. This class is an enriching experience for child and parent alike.

## Mom & Me (8 week Session)

Class times:

Tuesday 9:15am-9:55am

Wednesday 10:00am -10:45am

## Tiny Tots & Kindergym (3-4 Yrs)

In both of these programs the student will learn basic coordination skills in a fun environment. The children are introduced to the fundamentals of gymnastics, and participate on special tot bars, beam, floor, vault, parachute play, obstacle courses, and hoop play.

### Class Times:

Mon: 4:30-5:25

Tue: 9:00-9:55

Wed: **3:30-4:25**

Thur: 4:30-5:25

3:30-4:25

4:30-5:25

## Recreational Gymnastics Levels Beg., Int (ages 5-18) (8 week Session)

### Class Times

|                                | Mon       | Tue       | Wed              | Thur      | Sat       |
|--------------------------------|-----------|-----------|------------------|-----------|-----------|
| Recreational (5-18) Gymnastics | 3:30-4:25 | 3:30-4:25 | <b>3:30-4:25</b> | 3:30-4:25 | 9:00-9:55 |
|                                | 4:30-5:25 | 4:30-5:25 | 4:30-5:25        |           |           |
| Boys Recreational Gymnastics   |           | 3:30-4:25 |                  |           |           |
| Teen Recreational age(11-18)   |           | 3:30-4:25 | 4:30-5:25        |           |           |
| Beg. Trampoline                | 3:30-4:25 |           | 3:30-4:25        | 4:30-5:25 |           |
| Int. Trampoline                | 4:30-5:25 | 4:30-5:25 | 4:30-5:25        | 5:30-6:25 |           |
| Adv. Trampoline                |           | 4:30-5:25 | 5:30-7:25        | 5:30-6:25 |           |
| Int. Tumbling/Dance            |           |           |                  | 5:00-5:55 |           |
| Adv. Tumbling/Dance            | 5:30-6:25 |           |                  |           |           |

**Time in Red are classes that are currently full!**

### Drop In Classes (just show up and pay the day of class):

Back Handspring Clinic: Tuesday 5:30-6:25 Cost \$15.00 per class

Open Work Outs: Saturday 9:00-11:00 Cost \$10.00 per hour

Revised 8/19/19