Gymnastic Schedule 2021-2022

(Effective 09/1/2021)

ACROBATIC ACADEMY FITNESS & EDUCATION CENTER, INC.

2111 N. Maize Rd.

721-2230

www.acrobaticacademy.com

New students are required to pay the yearly registration fee: \$35.00 (\$15.00 June-Aug) & the 1st month's class fee.

Registration fees are non-refundable.

The 2021-2022 year begins September 1, 2021.

Class times may be subject to change and/or cancellation.

A written drop notice is to be submitted the first of the month, along with the monthly payment in order to discontinue class.

Payment for class fees not received by the 10th of any month will be assessed a late fee of \$5.00.

Please ask the office for information regarding discounts for multiple classes.

The following prices are with auto pay discount:

 Monthly Fees
 30 min.
 40 or 45 min
 1 Hr.
 90 min
 2 Hr.

 \$50.00
 \$55.00
 \$60.00
 \$83.00
 \$101.00

AAI GYMNASTIC CLASSES - Contact the AAI office for gymnastic openings at 721-2230.

| | PARENT TOT | | | | |
|---------|---------------|-----------|-------------|------|--|
| All c | lasses 40- 45 | mins. 12m | os -2 yr 11 | mos. | |
| Т | ime | Teacher | Ages | F/M | |
| | | Monday | | | |
| 6:15pm | 6:55pm | Carolyn B | Tot | Mix | |
| | | Tuesday | | | |
| 9:45am | 10:30am | Renee | Tot | Mix | |
| 5:30pm | 6:15pm | Valen | Tot | Mix | |
| 5:45pm | 6:30pm | Gemma | Tot | Mix | |
| | | Wednesda | у | | |
| 10:00am | 10:45am | Renee | Tot | Mix | |
| | | Thursday | | | |
| 5:15pm | 6:00pm | Valen | Tot | Mix | |
| 6:20pm | 7:00pm | Tina | Tot | Mix | |
| · | · | · | · | | |

Please check with front office for openings

| BEGINNER | | | | | | |
|---------------------------------------|----------|-----------|----------|-----|--|--|
| All classes 45 min. Ages 3 to 4 years | | | | | | |
| Tir | ne | Teacher | Ages | F/M | | |
| | | Monday | | | | |
| 4:30pm | 5:15pm | Tina | 3-4 yrs. | Mix | | |
| 4:45pm | 5:30pm | Jacob | 3-4 yrs. | Mix | | |
| 5:30pm | 6:15pm | Mollee | 3-4 yrs. | Mix | | |
| 6:30pm | 7:15pm | Dakota | 3-4 yrs. | Mix | | |
| Tuesday | | | | | | |
| 10:30am | 11:15am | Renee | 3-4 yrs. | Mix | | |
| 5:00pm | 5:45pm | Gemma | 3-4 yrs. | Mix | | |
| 6:00pm | 6:45pm | Renee | 3-4 yrs. | Mix | | |
| 6:15pm | 7:00pm | Dakota | 3-4 yrs. | Mix | | |
| | | Wednesday | | | | |
| 9:15am | 10:00am | Renee | 3-4 yrs. | Mix | | |
| 4:45pm | 5:30pm | Alli | 3-4 yrs. | Mix | | |
| 5:30pm | 6:15pm | Meya | 3-4 yrs | Mix | | |
| 6:30pm | 7:15pm | Mollee | 3-4 yrs. | Mix | | |
| | Thursday | | | | | |
| 4:45pm | 5:30pm | Katherine | 3-4 yrs. | Mix | | |
| 5:00pm | 5:45pm | Teagan | 3-4 yrs. | Mix | | |
| 5:30pm | 6:15pm | Tina | 3-4 yrs. | Mix | | |
| 6:45pm | 7:30pm | Dakota | 3-4 yrs. | Mix | | |

| ADVANCED BEGINNER **= split L. Int. | | | | | | |
|-------------------------------------|-------------------------------------|-----------|-----------|--------|--|--|
| | All classes 1 hour Ages 4 and older | | | | | |
| Time | | Teacher | Ages | F/M | | |
| | • | Monday | | - | | |
| **4:30pm | 5:30pm | Renee | 5-10 yrs. | Mix | | |
| 4:30pm | 5:30pm | Mollee | 5-7 yrs. | Mix | | |
| 5:15pm | 6:15pm | Tina | 4-6 yrs. | Mix | | |
| 5:30pm | 6:30pm | Renee | 4-7 yrs. | Mix | | |
| 6:15pm 7 | 7:15pm | Mollee | 4-6 yrs. | Mix | | |
| **7:15pm | 8:15pm | Tina | 5-8 yrs. | Mix | | |
| | | Tuesday | | | | |
| **5:00pm | 6:00pm | Renee | 7-12 yrs. | Mix | | |
| 5:00pm | 6:00pm | Elizabeth | 5-9 yrs. | Mix | | |
| 5:00pm | 6:00pm | Melissa | 5-9 yrs. | Female | | |
| 5:15pm | 6:15pm | Dakota | 4-7 yrs. | Mix | | |
| 5:30pm | 6:30pm | Catherine | 5-8 yrs. | Mix | | |
| 6:30pm | 7:30pm | Valen | 4-6 yrs. | Mix | | |
| 6:30pm | 7:30pm | Catherine | 5-8 yrs. | Mix | | |
| 6:45pm | 7:45pm | Renee | 4-7 yrs. | Mix | | |
| | | Wednesday | | | | |
| 5:00pm | 6:00pm | Dakota | 5-9 yrs. | Mix | | |
| 5:00pm | 6:00pm | Mollee | 4-6 yrs. | Mix | | |
| | 6:15pm | Olivia | 6-9 yrs. | Mix | | |
| **5:30pm | 6:30pm | Renee | 5-10 yrs. | Male | | |
| | 6:45pm | Michelle | 5-10 yrs. | Female | | |
| • | 7:30pm | Tasha | 5-10 yrs. | Mix | | |
| | 7:15pm | Jacob | 5-8 yrs. | Mix | | |
| 6:30pm | 7:30pm | Alli | 7-12 yrs. | Mix | | |
| | | Thursday | | | | |
| | 1:00am | Renee | 4-6 yrs. | Mix | | |
| | 2:00pm | Renee | 6+ yrs. | Mix | | |
| **5:00pm 6 | 6:00pm | Catherine | 6-12 yrs. | Mix | | |
| • | 6:15pm | Eric | 5-12 yrs. | Male | | |
| **5:30pm 6 | 6:30pm | Carolyn | 5-9 yrs. | Female | | |
| 5:30pm 6 | 6:30pm | Dakota | 5-9 yrs. | Mix | | |
| 5:45pm 6 | 6:45pm | Teagan | 4-7 yrs. | Mix | | |
| | 7:00pm | Catherine | 4-6 yrs. | Mix | | |
| **6:30pm 7 | 7:30pm | Tasha | 6-12 yrs. | Female | | |
| **7:00pm 8 | 3:00pm | Tina | 5-8 yrs. | Mix | | |

W/L = Wait List

Please consult with your current teacher or the front desk for correct level placement of your child.

Please call the office for updated information, 316-721-2230

GYMNASTICS SCHEDULE CONT.

LOW INTERMEDIATE **= L. Int. * = H. Int.

| Monday | | W INTERME | | - | - | | |
|--|----------|-------------|------------|--------------|--------|--|--|
| Monday **4:30pm 5:30pm Renee 6-10 yrs. Mix 5:30pm 6:30pm Dakota 5-8 yrs. Mix *6:00pm 7:00pm Sara 5-8 yrs. Mix 6:15pm 7:15pm Tina 6-12 yrs. Mix 7:00pm 8:00pm Renee 5-7 yrs. Female **7:15pm 8:15pm Tina 5-12 yrs. Mix Tuesday **5:00pm 6:00pm Renee 7-12 yrs. Female 7:30pm 8:30pm Catherine 7-12 yrs. Mix Wednesday 5:00pm 6:00pm Melissa 5-9 yrs. Female 6:00pm 7:00pm Dakota 7-12 yrs. Female **5:30pm 6:30pm Renee 5-9 yrs. Male Thursday *4:30pm 5:30pm Tina 6-10 yrs. Female **5:00pm 6:15pm Renee 5-10 yrs. Fema | | | | | | | |
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| 5:30pm 6:30pm Dakota 5-8 yrs. Mix *6:00pm 7:00pm Sara 5-8 yrs. Mix 6:15pm 7:15pm Tina 6-12 yrs. Mix 7:00pm 8:00pm Renee 5-7 yrs. Female **7:15pm 8:15pm Tina 5-12 yrs. Mix Tuesday **5:00pm 6:00pm Renee 7-12 yrs. Female 7:30pm 8:30pm Catherine 7-12 yrs. Female 7:30pm 6:00pm Melissa 5-9 yrs. Female 6:00pm 7:00pm Dakota 7-12 yrs. Female **5:30pm 6:30pm Renee 5-9 yrs. Male Thursday *4:30pm 5:30pm Tina 6-10 yrs. Mix 5:15pm 6:15pm Renee 5-10 yrs. Female **5:00pm 6:00pm Catherine 6-12 yrs. Mix *6:15pm 7:15pm Eric 6-16 yrs. <th></th> <th></th> <th>Monday</th> <th></th> <th></th> | | | Monday | | | | |
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| Thursday *4:30pm 5:30pm Tina 6-10 yrs. Mix 5:15pm 6:15pm Renee 5-10 yrs. Female **5:00pm 6:00pm Catherine 6-12 yrs. Mix *6:15pm 7:15pm Eric 6-16 yrs. Male **6:30pm 7:30pm Tasha 6-12 yrs. Female 6:30pm 7:30pm Carolyn B 5-9 yrs. Mix Saturday | 6:00pm | 7:00pm | Dakota | 7-12 yrs. | Female | | |
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| *6:15pm 7:15pm Eric 6-16 yrs. Male **6:30pm 7:30pm Tasha 6-12 yrs. Female 6:30pm 7:30pm Carolyn B 5-9 yrs. Mix Saturday | 5:15pm | 6:15pm | Renee | 5-10 yrs. | Female | | |
| **6:30pm 7:30pm Tasha 6-12 yrs. Female 6:30pm 7:30pm Carolyn B 5-9 yrs. Mix Saturday | **5:00pm | 6:00pm | Catherine | 6-12 yrs. | Mix | | |
| 6:30pm 7:30pm Carolyn B 5-9 yrs. Mix Saturday | | 7:15pm | Eric | 6-16 yrs. | Male | | |
| Saturday | **6:30pm | 7:30pm | Tasha | 6-12 yrs. | Female | | |
| · | 6:30pm | 7:30pm | Carolyn B | 5-9 yrs. | Mix | | |
| 10:30am 11:30am Tasha 6-12 vrs Mix | | Saturday | | | | | |
| 10.00diii 11.00diii 14diia 0-12 yis. Wiix | 10:30am | 11:30am | Tasha | 6-12 yrs. | Mix | | |

| HI | HIGH INTERMEDIATE *= Split L. Int. | | | | |
|----------|------------------------------------|--------------|------------|--------|--|
| | All classe | s are 1 hr o | or 90 min. | | |
| Time | Time Teacher Ages F/M | | | | |
| | | Monday | | | |
| *6:00pm. | 7:00pm | Michelle | 5-8 yrs. | Female | |
| * 7:00pm | 8:30pm | Michelle | 6-10 yrs. | Female | |
| | Tuesday | | | | |
| 7:30pm | 8:30pm | Tasha | 6-12 yrs. | Mix | |
| 7:00pm | 8:30pm | Melissa | 6-15 yrs. | Female | |
| | , | Wednesday | , | | |
| 6:30pm | 8:00pm | Renee | 7-12 yrs. | Mix | |
| | Thursday | | | | |
| *4:30pm | 5:30pm | Tina | 6-10 yrs. | Mix | |
| *6:15pm | 7:15pm | Eric | 6-16 yrs. | Male | |
| 6:15pm | 7:45pm | Renee | 7-13 yrs. | Female | |
| 7:00pm | 8:30pm | Melissa | 6+ yrs. | Female | |

| LOW AI | LOW ADVANCED TO ADVANCED *= Split H. int. | | | | |
|--------|---|------------|----------|--------|--|
| | Classes | are 90 min | or 2 hrs | | |
| Time | Time Teacher Ages F/M | | | | |
| | Monday | | | | |
| 6:30pm | 8:30pm | Tasha | 8-15yrs. | Female | |
| | Wednesday | | | | |
| 6:00pm | 8:00pm | Melissa | 6+ yrs. | Female | |
| | Thursday | | | | |
| 5:00pm | 7:00pm | Melissa | 8-15yrs. | Female | |

| | TUMBLE TRAMPOLINE CLASSES | | | | | |
|--------|---------------------------|-----------------|-------------------------|--------|--|--|
| | , | All Classes ar | e 1 hour | | | |
| С | lass Conc | entrates on tum | nbling and floor skills | | | |
| Tim | e | Teacher | Age/Lvl. | F/M | | |
| | Monday | | | | | |
| 7:00pm | 8:00pm | Carolyn B. | 10+ yrs. L.Adv/Adv. | Female | | |
| | Tuesday | | | | | |
| 6:00pm | 7:00pm | Elizabeth | 12 + yrs. Adv. | Female | | |
| 6:30pm | 7:30pm | Tasha | 7-12yrs. A.B./ L. Int | Mix | | |
| | Thursday | | | | | |
| 7:30pm | 8:30pm | Dakota | 8-16yrs. L. Int/L.Adv | Female | | |
| | Saturday | | | | | |
| 9:30am | 10:30am | Tasha | 7-15yrs.H.Int./L.Adv. | Mix | | |

| | NINJ | A WARRIOR | CLASSES | |
|---------|--------|-----------|-----------------|-----|
| Time |) | Teacher | Ages | F/M |
| Monday | | | | |
| 6:00pm | 7:00pm | Camden | 8+ yrs. Beg | Mix |
| Tuesday | | | | |
| 6:00pm | 7:00pm | Jonah | 7+ yrs. Beg | Mix |
| 7:00pm | 8:00pm | Jonah | 8+ yrs. Int/Adv | Mix |
| Friday | | | | |
| 6:00pm | 7:00pm | Jonah | 8+ yrs. Beg | Mix |

| TAEKWONDO | | | | | |
|------------|---------------|-------------------|--|--|--|
| Time | Age | Teacher | | | |
| | Monday | | | | |
| 5:30pm 6: | 00pm 3-5 yr | rs. Ms. Katrin | | | |
| 6:00pm 7: | 00pm 5+ yrs | s. Master Hawkins | | | |
| 7:00 pm 8: | :00 pm 6+ yr: | s. Master Hawkins | | | |

Contact Fit Physique at 721-2521 for information on the following

Outdoor Extreme Training Class
Group Exercise Classes
Yoga & Pilates
Personal training for Adults and Youth

