

Class Descriptions & Schedule

TADPOLES- Parent/Tot Program (18 -36 months)

With one-on-one adult assistance, tots develop and increase gross motor skills by jumping, climbing, swinging and tumbling in a safe and stimulating gymnastics environment.

Tues: 9:15-10/ Weds: 10-10:45/ 5:15-6

Thurs: 9:15-10/ 10:15-11/ Sat: 9:30-10:15/ 10:30-11:15

LITTLE LEAPERS-Preschool Program (3-6 years)

By encouraging children to move, explore, problem solve and socialize at a critical period in their development, we can promote a variety of physical and mental skills that will greatly improve future fitness.

Tues: 9:15-10:15/ 10:15-11:15

Weds: 10-11/ 11-12/ 5:15-6:15/ 6-7

Thurs 9-10/ 10:15-11:15/ 4-5/ 5:15-6:15

Sat: 9:15-10:15/ 10:30-11:30

FROG BRIDGERS- Class Program (5-8 yrs/ 9 & up)

These classes are for boys and girls who would like to progress through our sequential gymnastics program. A unique cross-training opportunity for all. Students are divided by age and level. One hour classes are for younger students. 1.5 hour Advanced Frog Bridger classes are for older and/ or more advanced students.

Mon: 3-4/ Tues: 4:30-5:30/ 5:30-6:30/ 6:45-8:15 (adv)

Weds: 11-12 or 12:30 (home-school)/ 4:15-5:15/ 6-7

Thurs 4-5/ 5:15-6:15/ 6:15-7:45 (adv)

Sat: 9:15-10:15/ 10:30-11:30/ 10:30-12 (adv)

Other Programs Include:

Circus Class: Trapeze, aerial fabric, tumbling, juggling and more!
Tues: 5:45-6:45/ Weds: 5:15-6:15

Pilates: A great, fun work-out using pilates, yoga and other movements. You can do this at your own pace, individualized to each persons level. For all ages including teens, adults and seniors. \$8 per class. Mon: 7:30-8:25 pm

Weds: 11-11:55 am / 7:15-8:10 pm, /Thurs 10:15-11:10 am

Adult Gymnastics: A 30 minute pilates warm-up followed by gymnastics and stretching. Beginner to advanced levels are welcome. \$15 per class. Weds: 7:15-8:45

Open Gym: A supervised opportunity to practice your favorite moves or get extra help on something you are learning. Guests are welcome too! You must sign-up in advance! Non-members must have a signed waiver to participate. \$8 members/\$12 guests
Fri: 6:15-7:15 or 7:15-8:15

Team Programs: We offer girls and boys pre-team and USAG competitive programs. Our coaching staff is experienced to help gymnasts reach the highest levels. Call for more info.

Sessions & Rates

SESSIONS:

1. Sept. 8th- Nov. 2nd (8 weeks)
2. Nov. 3rd- Jan. 16, 2110 (8 weeks)
no classes Nov. 24th-28th, Dec. 22nd-Jan 2nd
3. January 19th-March 15th (8 weeks)
4. March 16th-May 10th (8 weeks)
5. May 11th- June 19th (6 weeks*)

YEARLY REGISTRATION FEE:

\$35 per student (renewable each September). Pro-rated after January 2010.

TUITION RATES:

8 Week Session :

45 - 60 min class \$ 112 per session

1.5 hour class \$136 per session

*Session # 5- Pro-rated 6 week rate:

\$84 (45-60 min)/ \$102 (1.5 hr)

We accept checks and cash only. We allow monthly split payments with a 2nd post-dated check. Students may only participate with prior payment and a signed 2009-10 waiver and release form. No exceptions!

DISCOUNTS:

10% tuition discount for each additional family member

10% discount for each additional class with-in the same session

\$10 finders fee for each new student referred by you (please fill out a referral form)

Class sizes are limited therefore students are enrolled on a first come first serve basis. You aren't officially enrolled until we have received your registration fee and tuition payment.

Mail- In Sign-Up Form

Students Name

Class Level/ Day/ Time _____ FEE _____

2nd Students Name

Class Level/ Day/ Time _____ FEE _____

3rd Students Name

Class Level/ Day/ Time _____ FEE _____

Registration Fee \$35 x _____ = _____

Session # 1 2 3 4 5 _____ REG FEE TOTAL

PLEASE CIRCLE THE SESSION #
TOTAL DUE

Parents Name _____

Address _____

Home Phone _____ Cell Phone _____

**ONGOING ENROLLMENT!
CALL TO SIGN UP ANYTIME!**

Frog Bridge Gymnastics
699 Main Street
Willimantic, CT 06226

Phone: 860-423-3348
Email: fbgymnastics@sbcglobal.net
www.frogbridgegymnastics.com

Frog Bridge Gymnastics has over 9,000 square feet of space. We have filled two stories of the historic "Hurley's" building with fabulous gymnastics equipment for all ages and levels. The upstairs facility is bright, fun and stimulating. It is designed with our preschool and beginner gymnasts in mind. There are a variety of circus stations, trapeze, sky walk, ropes and fabrics, which make building upper body strength more fun and interesting. It also has vault stations, bars, beams, a spring floor and the 30' Tumble trak that all of our students love! Our new trestle tree (movement education) equipment is incredible for building strength, coordination, gross-motor skills and much more. The downstairs gym is designed for the older and more advanced class and team gymnasts. This gym is filled with competition high beams, bars and a spring floor.



Frog Bridge Gymnastics
699 Main Street
Willimantic, CT 06226

FROG BRIDGE GYMNASTICS
BIRTHDAY PARTIES

"A Hoppin' Good Time"




2 Hour Party
\$ 135
(non-registered members- \$170)

CALL US TO BOOK YOUR DATE
(860) 423-3348



Get fit!
Have fun!

BUILD STRENGTH AND SELF-CONFIDENCE THE FUN WAY!



2009-2010
Class Schedule
&
Rates
(Sept 8th- June 19th)

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