

Salem Gymnastics Center



REGISTRATION FEE

We have a yearly Registration Fee that is pro rated throughout the year.
\$65 Sept 1 - Mar 31 \$35 Apr 1 - Jun 30
\$35 Jul & Aug (applied toward Sept registration)



PRESCHOOL GYMNASTICS & NINJA
Walking-5 Years



RECREATIONAL GYMNASTICS
Ages 6+



• NINJA Ages 4+



DANCE, SOCCER & TUMBLING
Ages 3+



• CHEER PROGRAMS Ages 3+



• TEAM & ADVANCED PROGRAMS



Let's Get Started!

EVERYTHING THEY LOVE, ALL IN ONE PLACE!

Gymnastics • Ninja • Cheer • Dance & More

Schedule a Commitment Free Trial Class Today!



503-999-6359

We Can't wait to meet you. ♥



Program Information

Year-round enrollment
Monthly tuition
AutoPay on the 1st of each month
One makeup class per month if you miss class
Indoor playground pass available



Scheduled Closures

Week of Spring Break Memorial Day
Week of the 4th of July Last Week of August
Labor Day (9/6) Halloween Night
Thanksgiving & the Fri & Sat after Dec 22 - Jan 3
(Holiday Break)



30 Day Notice

Once you sign up & join our program, a full 30 day notice in advance of when you want tuition to stop is required.



2775 19th Street SE
Salem, OR 97302



503-999-6359



<https://www.mysalemgymnasticscenter.com>



GYMNASTICS WALKING TO 5 YRS

BABY CUBS: 30 MIN

WALKING TO 18 MONTHS

*This is a parent participation class

MONDAY: 9:45am, ★ 4:15pm

THURSDAY: 9:30am



1X/WK: \$58/MO

2X/WK: \$95.70

KINDERGYM COMBINATION/CLASSES

LITTLE NINJA & TUMBLE: 45 MIN

12 MONTHS-3 YRS

*This is a parent participation class

MONDAY: 10:30am, ★ 4:45pm

WEDNESDAY: ★ 5:45pm

THURSDAY: 5:45pm

SATURDAY: 11:30am



1X/WK: \$68/MO

2X/WK: \$119

NINJASTICS 4/5 YRS OLD



MINI NINJA: 50 MINS (4/5 YR OLDS)

MONDAY: 3:45pm, 5:45pm

TUESDAY: 4:45pm

WEDNESDAY: 9:30am, 5:45pm

THURSDAY: 4:45pm

SATURDAY: 9:30am

1X/WK: \$84/MO

2X/WK: \$138.60

MIGHTY CUBS: 45 MIN (3-5 YRS)

MONDAY: 9:45am, 4:45pm, ★ 11:30am

TUESDAY: 3:45pm, ★ 5:00pm

WEDNESDAY: 11:15am, 4:45pm

THURSDAY: 10:15am, ★ 4:45pm, 5:45pm, 6:45pm

SATURDAY: 10:30am, 11:30am

1X/WK: \$68/MO

2X/WK: \$119

SUPER CUBS: 50 MINS

AGES 5 & 6 YEARS

MONDAY: ★ 5:45pm



1X/WK: \$84/MO

2X/WK: \$138.60

HOMESCHOOL ATHLETIC PROGRAM

Gymnastics, Kinder, Ninjastics
Please pick any class day or evening



YEARLY MEMBERSHIP FEE

Per Family not per child

\$65 Sept 1-Mar 31 | \$35 April 1-June 30

\$35 July & Aug which goes towards Sept

INDOOR PLAYGROUND

Fri 9:30-11:30am | Sat 12:30-2:30pm

\$7 per visit. Not yet walking and adults free



TWIRL & TUMBLE

Dance + Gym Combo
Ages 3-5

MONDAY: 5:40-6:25PM

\$70/MONTH



KICK & PLAY SOCCER

Indoor Soccer Class
Ages 3-5

MONDAY: 9:45AM

SATURDAY: ★ 11:30AM

40 MINS | \$64/MONTH



CHEER & TUMBLE

Ages 3-5

WEDNESDAY: 5:45-6:30PM

\$70/MONTH



★ New classes begin Sept 1



Gymnastics/Ninja/Dance/Cheer

RECREATIONAL GYMNASTICS: 55 MIN

Ages 6yrs & Up

MONDAY	11:30am, 3:45pm, 4:45pm, 5:45pm, 6:45pm ★
TUESDAY	3:45pm, 4:45pm
WEDNESDAY	11:15am, 3:45pm, 4:45pm, 5:45pm, 6:45pm ★
THURSDAY	9:30am, 4:45pm, 5:45pm, 6:45pm
SATURDAY	9:30am, 10:30am, 11:30am

1X/WK: \$84/MO

2X/WK: \$138.60

ADVANCED RECREATIONAL GYMNASTICS

Ages 6yrs & Up (110 mins)

MONDAY

4:45



WEDNESDAY

4:45

1X/WK: \$132/MO

2X/WK: \$199

NINJASTICS OBSTACLE: 55 MINS

Ages 6yrs & up

MONDAY	10:30am ★, 11:30am, 3:45pm, 4:45pm, 5:45pm ★
TUESDAY	3:45pm, 4:45pm
WEDNESDAY	9:30am, 11:15am, 3:45pm, 4:45pm, 5:45pm
THURSDAY	4:45pm, 5:45pm, 6:45pm ★
SATURDAY	9:30am, 10:30am

1X/WK: \$84/MO

2X/WK: \$138.60

BOYS GYMNASTICS: 55 MIN

Ages 6yrs & Up

MONDAY 5:45pm ★

1X/WK: \$75.60/MO

2X/WK: \$124.74

GIRLS PRE TEAM: 6YRS & UP (110 MINS)

WEDNESDAY

5:45

1X/WK: \$140/MO

2X/WK: \$199

NINJA 1: 55 MINS

Ages 6yrs & up

WEDNESDAY 6:45pm ★

\$84/MONTH

TWIRL & TUMBLE

Ages 6 & Up

TUESDAY 4:15pm ★
THURSDAY 4:45-5:40PM

\$80/MONTH



BOYS TEAM: 120 MIN

Ages 6yrs & Up

THURSDAY

5:15



1X/WK: \$125/MO

CHEER PROGRAMS: 60 MINS

Ages 6yrs & Up

CHEER & TUMBLE
MONDAY 6:45pm
INTRO TO CHEER
WEDNESDAY 6:45pm ★

\$84/MONTH

YEARLY MEMBERSHIP FEE

Per Family not per child

\$65 Sept 1-Mar 31 | \$35 April 1-June 30

\$35 July & Aug which goes towards Sept



OPEN GYM:

Saturday night
6:30-8:30

\$10 per guest

HURRICANE CATZ: 60 MINS

Ages 6yrs & Up

WEDNESDAY 6:45-7:45 \$84 tuition

STORM CATZ: 60 MINS

Ages 5yrs & Up

FRIDAY 5:15-6:15 \$84

STORM CATZ HOMESCHOOL CHEER: 60 MINS

Ages 5yrs & Up



FRIDAY
2:30-3:30 \$84 per month

★ SCHEDULES SUBJECT TO CHANGE



REGISTER ONLINE: MYSALEMGYMNASTICSCENTER.COM



QUESTIONS? CALL (503) 999-6359



CHEER CLASS SCHEDULE

STRO
GI
BRIC
TOM

♥ MONDAY ♥

Cheer & Tumble
Ages 6 & up
Monday: 6:45 – 7:45 PM
\$84.00/Month

≧ TUESDAY ≦

Star Catz Team
Ages 3–5
Tuesday: 5:00 – 6:00 PM
Cheer Performance Team
\$84.00/Month
+ uniform & performance fees

☆ WEDNESDAY ☆

Cheer & Tumble
Ages 3–5
Wednesday: 5:45 – 6:30 PM
\$70.00/Month

Intro To Cheer 6 & up
Wednesday: 6:45 – 7:45 PM
\$84.00/Month

≧ THURSDAY ≦



♥ FRIDAY ♥

Storm Catz Homeschool Team
Ages 5 & up
Friday: 2:30 – 3:30 PM
\$84.00/Month
+ uniform & performance fees

Storm Catz Team
Ages 5 & up
Friday: 5:15 – 6:15 PM
\$84.00/Month
+ uniform & performance fees

DISCIP
BU
CHA



HARDER BETTER STRONGER TOGETHER ♥

Salem Gymnastics Center

Move · Learn · Grow



KINDERGYM

GYMNASTICS & NINJASTICS
FOR WALKING TO AGE 5



BABY CUBS: WALKING – 18 MONTHS

A 30 minute parent participation class for our littlest movers to explore, play and develop confidence in a safe, fun environment—with you by their side!



LITTLE NINJA & TUMBLE: 12 MONTHS – 3 YEARS

A 45 minute parent participation class to build strength, coordination and confidence through age-appropriate gymnastics and ninja skills.



MIGHTY CUBS: 3 – 5 YEARS

A high-energy class that combines gymnastics and ninja skills to build strength, coordination and confidence.



SUPER CUBS: 5 & 6 YEARS

For our advanced cubs, this class continues to build skills, strength and confidence through gymnastics and ninja training.



GYMNASTICS

RECREATIONAL & ADVANCED
FOR AGES 6 & UP

RECREATIONAL GYMNASTICS Ages 6 & up

A great place to build strength, flexibility, coordination and confidence while learning fundamental gymnastics skills. This class is for Beginning, Middle and Intermediate students progressing through the levels of the sport.

ADVANCED RECREATIONAL GYMNASTICS Ages 6 & up

For gymnasts ready for a longer class to advance skills and take their training to the next level.

GIRLS PRE TEAM Ages 6 & up

A bridge between recreational and competitive gymnastics with extended practice time and skill development.

BOYS GYMNASTICS Ages 6 & up

A class designed for boys to build strength, flexibility and fundamental gymnastics skills.

BOYS TEAM Ages 6 & up

For dedicated athletes training at a competitive level.



NINJASTICS

NINJA CLASSES FOR AGES 4 & UP



MINI NINJA Ages 4/5 years old

A fun and challenging class designed for our 4/5 year olds to build strength, balance, coordination and confidence while learning ninja skills.



NINJASTICS OBSTACLE Ages 6 & up

A fast paced obstacle course class that focuses mainly on strength, speed, balance and agility. The course will be changed every 3 weeks to keep it exciting and challenging!



NINJA 1 Ages 6 & up

Take on obstacles, build strength and learn new skills in this high-energy ninja class.



DANCE

MOVEMENT, MUSIC & SELF-CONFIDENCE



TWIRL & TUMBLE: 3 – 5 YEARS

A fun and exciting gymnastics and hip hop/jazz dance combo class! This class is half gymnastics and half hip hop/jazz dance. Students will build strength, flexibility, coordination, and rhythm while they tumble, jump, balance, and groove their way through a creative encourage confidence and a love for movement.



TWIRL & TUMBLE: 6 & UP

A fun and exciting gymnastics and hip hop/jazz dance combo class! This class is half gymnastics and half hip hop/jazz dance. Students will build strength, flexibility, coordination, and rhythm while they tumble, jump, balance, and groove their way through a creative and energetic class designed to encourage movement.



CHEER

CHEER PROGRAMS FOR AGES 3 & UP



CHEER & TUMBLE: 3 – 5 YEARS

A fun and exciting cheer and tumbling combo class! This class is half cheer and half tumbling. Students will build strength, flexibility, coordination, and confidence while learning cheer movements, jumps, motions, and basic tumbling skills in a positive and energetic environment.



STORM CATZ Ages 5 & up

1/2 season 6 month program of all things cheer with 2 performances in the winter/spring.



CHEER & TUMBLE: 6 & UP

A fun and exciting cheer and tumbling combo class! This class is half cheer and half tumbling. Students will build strength, flexibility, coordination, and confidence while learning cheer movements, jumps, motions, and basic tumbling skills in a positive environment.



STORM CATZ HOMESCHOOL Ages 5 & up

1/2 season 6 month program of all things cheer with 2 performances.



YEARLY MEMBERSHIP FEE

\$65 Sept 1–March 1 | \$35 April 1–June 30
\$35 July 8 Aug which goes towards Sept



OPEN GYM

Saturday night
6:30 – 8:30
\$10 per guest

INDOOR PLAYGROUND

Fri 9:30–11:30am | Sat 12:30–2:30pm
\$7 per visit. Not yet walking and adults free



mysalemgymnasticscenter.com

2775 19th Street SE
Salem, OR 97302



503-999-6359