

SALEM GYMNASTICS CENTER

Move • Learn • Grow



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)



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 | Labor Day (9/6) |
| Memorial Day | Halloween Night |
| Week of the 4th of July | Thanksgiving & the Fri & Sat after |
| Last Week of August | 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.

OUR PROGRAMS



GYMNASTICS & NINJASTICS (AGES 6+)



CHEER (AGES 4–16)



PARENT TOT PROGRAMS (14 MOS – 3 YRS)



PRESCHOOL PROGRAMS
MINI CUBS (AGE 3) • MIGHTY CUBS (4/5 YRS)
MINI NINJA (AGE 4–5)



CHEER & TUMBLING
PERFORMANCE CHEER • TUMBLING



PERFORMANCE & COMPETITIVE CHEER



Let's get started!

TRY A CLASS!

Not sure where to start?

Schedule a **Trial Class** Today!



503-999-6359

We can't wait to meet you! ♥



2775 19th Street SE
Salem, OR 97302



503-999-6359



mysalemgymnasticscenter.com



GYMNASTICS WALKING TO 5 YRS

BABY CUBS: 30 MIN

WALKING TO 18 MONTHS

*This is a parent participation class

MONDAY 9:45am

THURSDAY 9:30am

1X/WK: \$54/MO 2X/WK: \$89.10

KINDERGYM COMBINATION/CLASSES

LITTLE NINJA & TUMBLE: 45 MIN

12 MONTHS-3 YRS

*This is a parent participation class

MONDAY 10:30am

THURSDAY 5:45pm

SATURDAY 11:30am

1X/WK: \$64/MO 2X/WK: \$112

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: \$80/MO 2X/WK: \$132

MIGHTY CUBS: 45 MIN (3-5 YRS)

MONDAY 9:45am, 4:45pm

TUESDAY 3:45pm

WEDNESDAY 11:15am, 4:45pm

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

SATURDAY 10:30am, 11:30am

1X/WK: \$64/MO 2X/WK: \$112

SUPER CUBS: 50 MINS

AGES 5 & 6 YEARS

TIMES TBA



1X/WK: \$80/MO 2X/WK: \$132

HOMESCHOOL ATHLETIC PROGRAM

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

CHEER: STORM CATZ

Friday 1:30-2:30pm | \$72 per month + season fees

Reg Fee waived for homeschool classes

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

\$6 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

40 MINS • \$64/MONTH



CHEER & TUMBLE

Ages 3-5

WEDNESDAY 5:45-6:30PM

\$70/MONTH





GYMNASTICS AGES 6+

RECREATIONAL GYMNASTICS: 55 MIN

Ages 6yrs & Up

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

1X/WK: \$80/MO

2X/WK: \$132

BOYS GYMNASTICS: 55 MIN

Ages 6yrs & Up

THURSDAY	4:15
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1X/WK: \$75.60/MO

2X/WK: \$124.74



TWIRL & TUMBLE

Ages 6 & Up

THURSDAY	4:45–5:40PM
FRIDAY	5:00–5:55PM

\$80/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



Gymnastics & Ninja

ADVANCED RECREATIONAL GYMNASTICS

Ages 6yrs & Up (110 mins)

MONDAY	4:45
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WEDNESDAY	4:45
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1X/WK: \$132/MO

2X/WK: \$199

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

WEDNESDAY	5:45
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1X/WK: \$140/MO

2X/WK: \$199

BOYS TEAM: 120 MIN

Ages 6yrs & Up

THURSDAY	5:15
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1X/WK: \$125/MO



OPEN GYM:

Saturday night

6:30–8:30

\$10 per guest



NINJASTICS AGES 6+



NINJASTICS OBSTACLE: 55 MINS

Ages 6yrs & up

MONDAY	11:30am, 3:45pm, 4:45pm
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TUESDAY	3:45pm, 4:45pm
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WEDNESDAY	9:30am, 11:15am, 3:45pm, 4:45pm, 5:45pm
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THURSDAY	4:45pm, 5:45pm
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SATURDAY	9:30am, 10:30am
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1X/WK: \$80/MO

2X/WK: \$132

CHEER & TUMBLE: 60 MINS

Ages 6yrs & Up

MONDAY	6:45pm
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1X/WK: \$80/MO

CHEER AGES 4–6 | 7+

Performance Team: Storm Catz

Wednesday 6:00 • 75 minutes

1X/WK: \$72/MO

½ YR season fees \$225 | Full YR \$265

HOMESCHOOL CHEER: 60 MINS

Friday • 12pm–1pm • \$72 per month

½ YR season fees \$225



KINDERGYM

GYMNASTICS & NINJASTICS
FOR WALKING TO AGE 6



BABY CUBS

WALKING TO 18 MOS
PARENT TOT CLASS

This is a 30 minute class to get littles exploring and engaging in the gymnastics environment while connecting with a parent.



LITTLE NINJA & TUMBLE

12 MOS - 3 YRS
PARENT TOT CLASS

This is a parent assisted and instructor led class. This fun mix of ninja and gymnastics helps children become familiar with their athletic environment while engaging in themed gross motor activities and obstacle-course style play.



MIGHTY CUBS

3-5 YR OLDS

This class continues building confidence while introducing specific skill sets and beginning progressions.



SUPER CUBS

5 & 6 YEARS

This class is designed for children ready to move up from Mighty Cubs and continue building strength, coordination, confidence, and skill progressions.



GYMNASTICS

RECREATIONAL LEVELS 1-3
BEGINNING GYMNASTICS

This class program will introduce children to the fundamental skills of gymnastics. Strength and flexibility will be incorporated along with the progressions necessary to move up through the levels of the sport. This class is for Beginning, Middle, & intermediate students learning gymnastics. Once enrolled, we will automatically advance your child through the level.



REC LEVEL 3 + ADV REC

This class is for children who have excelled and moved up through the previous levels. Due to the extended length and time of the class, athletes can increase knowledge and skill awareness to continue to learn, have fun.



PRE TEAM

This class is the bridge between recreational gymnastics and competitive gymnastics. Extended practice time and home meet competition opportunities are offered.



BOYS GYMNASTICS: 6 YRS+

This class program will introduce children to the fundamental skills of gymnastics and the 6 events that boys perform. Strength and flexibility will be incorporated along with the progressions necessary to move up through the levels.



NINJASTICS

MINI NINJASTICS
4-5YR OLDS

Please see Ninjastics Obstacle 6YRS+ below. This class is the same class as below it is just for the 4-5yr old age range.



NINJASTICS OBSTACLE 6 YRS+

This class is a fast paced obstacle course program that focuses mainly on strength, speed, balance and agility. The courses will be changed every 3 wks. Week 1 will be learning the course, week 2 will be mastering, and week 3 will be timed against the clock. Students will work to increase their own times on the course and will have the option to join a year end warrior challenge to test their abilities.



ASD CONNECT

NEURO DIVERSE PROGRAM

Please check our website for all of our new options for our neuro diverse children. We will continue to grow and expand this program to offer as many options as possible.



CHEER



HURRICANE CATZ HOMESCHOOL CHEER

AGES 6 AND UP

This class program will go over the fundamentals of cheer with a showcase for the parents in May.



STORM CATZ PERFORMANCE CHEER

2 GPS 4-6YRS AND 7+

This class program will go over the fundamentals of cheer including jumps, stunts, and dance. We will work with pom and have 4 performances per year at the gymnastics center.



COMPETITIVE TEAMS LIGHTNING CATZ THUNDER CATZ CYCLONE CATZ

The Full season teams go from July to March. Routines are learned for the season and cheerleaders will compete at various venues not too far from home.



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