# 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)

## 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 21 - 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.



**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**

SALEM GYMNASTICS CENTER
Move • Learn • Grow
503-999-6359

## 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!*

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

### 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

### 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

### TWIRL & TUMBLE
Dance + Gym Combo
Ages 3–5

MONDAY: 5:40–6:25PM

$70/MONTH

# 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

### SUPER CUBS: 50 MINS
**AGES 5 & 6 YEARS**

MONDAY: ★ 5:45pm



1X/WK: $84/MO  2X/WK: $138.60

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

### KICK & PLAY SOCCER
Indoor Soccer Class
Ages 3–5

MONDAY: 9:45AM
SATURDAY: ★ 11:30AM

40 MINS | $64/MONTH

# 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

### HOMESCHOOL ATHLETIC PROGRAM
Gymnastics, Kinder, Ninjastics
Please pick any class day or evening



### 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: MYSALEMGYMNASTICSSCENTER.COM

QUESTIONS? CALL (503) 999-6359

# CHEER CLASS SCHEDULE

SALEM GYMNASTICS CENTER
Move • Learn • Grow
503-999-6359

## 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

SALEM CHEER CATZ




## 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

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 buildtion, and rixibthm 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.

### 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 Ages 5 & up
1/2 season 6 month program of all things cheer with 2 performances in the winter/spring.

### 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

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