

# 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](http://mysalemgymnasticscenter.com)



# GYMNASTICS AGES 3-5

# KINDERGYM

# NINJASTICS AGES 3-5



**BABY CUBS: 30 MIN** (WALKING TO 3 YRS)  
\*This is a parent participation class

MONDAY	9:45am
THURSDAY	9:30am

1X/WK: \$54/MO      2X/WK: \$89.10

**MINI CUBS: 45 MIN** (3YRS)

WEDNESDAY	4:45pm
THURSDAY	10:15am
SATURDAY	11:30am

1X/WK: \$64/MO      2X/WK: \$112

**LITTLE NINJA: 30 MIN** (18MOS-3YRS)  
\*This is a parent participation class

MONDAY	10:30am
THURSDAY	5:45pm
SATURDAY	10:30am

1X/WK: \$64/MO      2X/WK: \$112

**LITTLE CUBS: 45 MIN** (18MOS-3YRS)  
\*This is a parent participation class

MONDAY	10:30am
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1X/WK: \$64/MO      2X/WK: \$112

**MIGHTY CUBS: 45 MIN** (4/5 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

**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

**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

**HOMESCHOOL ATHLETIC PROGRAM**  
Gymnastics, Kinder, Ninjastics  
Please pick any class day or evening  
**CHEER: HURRICANE CATZ**  
Friday 12-1pm | \$72 per month + season fees  
Reg Fee waived for homeschool classes

**TWIRL & TUMBLE**  
Dance + Gym Combo  
Ages 3-5

MONDAY	5:40-6:25PM
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\$70/MONTH

**KICK & PLAY SOCCER**  
Indoor Soccer Class  
Ages 3-5

MONDAY	9:45AM
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40 MINS • \$64/MONTH

**CHEER & TUMBLE**  
Ages 3-5

WEDNESDAY	5:45-6:30PM
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\$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
WEDNESDAY	4:45

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

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 5



### BABY CUBS 12MOS – 3YRS PARENT TOT CLASS

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



### LITTLE CUBS 18MOS – 3YRS PARENT TOT CLASS

This is a parent assisted and instructor led class. This program is designed help children become more familiar with their athletic environment while engaging in themed gross motor skill activities. This class is a great way to enhance the connection between you as the parent and your little gymnast.



### LITTLE NINJA 18MOS – 3YRS PARENT TOT CLASS

This is a parent assisted and instructor led class. This program is designed help children become more familiar with their athletic environment while engaging in themed gross motor skill activities associated with ninja obstacle courses.



### MINI CUBS 3YRS

This class provides opportunities to combine physical and cognitive skill building through fun, play, and themed exploration. The main focus for this age group is skill progression, technique introduction, and group engagement.



### MIGHTY CUBS 4-5YR OLDS

This class continues building confidence and introducing specific skill sets and beginning 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 courses 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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