

GYMNASTICS

Advanced Kinder'Nastics - \$85

For the advanced 5 & 6 year old gymnasts with emphasis on advanced development of skills and progressions. Placement by recommendation of class instructor.

Baby'Nastics - \$75

You will participate with your child in an introduction to gymnastics. Your child will interact with the gymnastic equipment and training aids to improve balance, flexibility and coordination. An opportunity for you to have enjoyable, quality time with your child.

Boys Power Hour - 2 Hrs \$125

A class for boys that will combine men's gymnastic events with fitness, conditioning and strengthening to help your child excel in other sports. Designed to be fun and challenging.

Elite Girls & Boys Gymnastics 2 hrs \$125

For the advanced gymnast who is interested in advancing their gymnastic skills without the commitment to the competitive team setting. Floor, beam, bars and vault routines will be taught over a period of multiple sessions. Placement by recommendation of class instructor. 2 hour and 4 hour time blocks available

Girls Rec. 1 hr \$85 / 2 hrs \$125

Advanced Girls Rec. 2hrs \$125

For the novice gymnast or one with limited experience. This class will offer a strong emphasis on gymnastic skills and progressions. The gymnast will learn individual skills and how to incorporate these skills into a sequence. Advanced classes available per coach recommendation.

Jr. Boys Power Hour - \$85

A class for boys that will combine men's gymnastic events with fitness, conditioning and strengthening to help your child excel in other sports. Designed to be fun and challenging.

Kinder'Nastics - \$85

Emphasis is placed on learning basic gymnastic skills to build on. They will progress at their own pace, while being encouraged to try more challenging skills. This class concentrates on development of strength and agility. Advanced classes are offered per recommendation of class instructor.

Pre'Nastics - \$75

Your preschooler will learn the basic fundamentals of gymnastics with an emphasis on creative movement and fun. They will utilize the gymnastics apparatus to help improve flexibility, coordination, strength and balance. This class seeks to build specific skills for the student and provides a sound foundation for future development.

Team Hurricanes - Call for pricing

The HPAC Hurricane's competitive gymnastic team is a year-round program for the gymnast ready and interested in competing in this sport. Team Hurricanes is an invitation only program.

Tumbling - \$85

Beginning tumbling for students that wish to learn basic gymnastic tumbling skills such as cartwheels, round-offs, back walkovers, back handsprings, etc.

DANCE

Ballet - \$30 (monthly)

Students will learn the fundamentals of classical ballet poses and steps. Ballet is the foundation of all other forms of dance and promotes injury prevention through proper alignment, as well as building confidence for dancers.

Dance'Nastics - \$85

This program is designed for 3-4 year olds as a combination introduction to dance, basic gymnastics and physical fitness. Each class will consist of a 30 minute structured dance session followed by 30 minutes of gymnastics instruction. This class will incorporate the development of motor skills, coordination, presentation, dance fundamentals and rhythm.

Hip Hop - \$40 (monthly)

Students will gain a valuable understanding and appreciation of the improvisational nature of this dance form while learning basic movements and terminology. This class will break down steps and technique and also emphasize bringing style and personality to the movement.

Pom & Dance Technique - \$85

Non-competitive pom and dance instruction for those who love to dance. Classes will have basic instructions for pom and jazz routines.

WINTER II 2011 SESSION January 2nd thru February 25, 2012 (8 week session)

GYMNASTICS	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Baby'Nastics	1-3 yrs	45 min		4:00 - 4:45				
Pre'Nastics	3-4 yrs	45 min	4:00 - 4:45				10:00 - 10:45	11:00 - 11:45
Kinder'Nastics	5-6 years	60 min	5:00 - 6:00				11:00 - 12:00	
Adv. Kinder'Nastics	5-6 yrs	60 min	4:00 - 5:00					
Jr. Boys Power Hour	4-6 yrs	60 min			6:00 - 7:00			
Boys Power Hour	7 & up	60 min			4:00 - 6:00			
Tumbling	7 & up	3 hrs		4:00 - 5:00				
Girls Rec	7 & up	60 min		4:00 - 6:00				
Adv. Girls Rec	7 & up	2 hrs		5:00 - 7:00				

TEAM HURRICANES	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Girls Level 4		3-6 hrs	4:00 - 7:00			4:00 - 7:00	4:00 - 7:00	
Girls Level 5		9 hrs	4:00 - 7:00			4:00 - 7:00	4:00 - 7:00	
Girls Level 6		12 hrs	4:00 - 8:00			4:00 - 8:00	4:00 - 8:00	

DANCE	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Dance'Nastics	3-4 yrs	60 min					5:00 - 6:00	
Pom & Dance Technique	5-12 yrs	60 min					4:00 - 5:00	
Ballet	3-6 yrs	30 min				5:30 - 6:00		
Hip Hop	5-12 yrs	60 min				6:00 - 7:00		

PAY-AS-YOU-GO	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Wee Ones	1-5 yrs	60 min					12:00 - 1:00	
Open Cheer	8-18 yrs	60 min			7:00 - 8:30			
Open Gym	3-15 yrs	2 hrs					7:00 - 9:00	
Kids Night Out	3-13 yrs	5 hrs					6 - 11:00 pm	

ADULT	AGE	TIME	MON	TUES	WED	THURS	FRI	SAT
Adult Fitness	18 & up	45 min						12:00 - 12:45

ADULT

Adult Fitness - \$75

You are never too old to start or re-start gymnastics! Our adult gymnastics is structured with the idea that adults will be more motivated to follow an exercise program if it is an activity that is both enjoyable and challenging. Development of flexibility, strength, coordination, balance, etc., will all be demonstrated. This class will teach beginner gymnastics as well as a full body physical fitness program.

PAY-AS-YOU-GO

***Kids Night Out - \$15 for 1st child & \$10 each additional sibling (per time per child)**
Every 2nd Friday of the month kids, ages 3-13, enjoy dinner, movie, games, activities and fun in the "Way Cool" foam pit!

Open Cheer Practice - \$5 per time per child
For the current cheerleader who desires practice.

Open Gym - \$5 per time per child
All kids welcome for two hours of fun free-play with coaches present.

Wee Ones Play Hour - \$5 per time per child
Free play with Mom and Dad with coach present. Facility offers great opportunity for development of basic skills or just to play. No family membership fee!

Ask about our discounts when registering more than one family member in the same session. Please see office for details. Class fees must be paid in full by the first week of class. A non-refundable family gym membership fee is due at enrollment and annually thereafter. Includes immediate family members only. Call for pricing.

HURON
Physical Arts
CENTER L.L.C.