

"GYMNASTICS



& MORE"



"Shaping Kids For The Future"

First Aid, CPR & USA Gymnastics Safety Certified Instructors!



MINI INTRO SESSION
New Members
3 WEEKS
\$59.00
45 min class
\$5 Registration Fee

Walking to 3 yrs / YOU & ME KID				
TUES	WED	THUR	FRI	SAT
10:15-11:00	9:00-9:45	10:15-11:00	9:15-10:00	9:00-9:45 11:30-12:15

You & Me Kid is a parent/adult structured class for children walking to age 3. This class promotes quality time while developing gross motor skills in a safe and fun environment. Great class for children to learn social and group listening skills. Boys & Girls!



Ages 3 & 4 / ROLLIE POLLIE

MON	TUES	WED	THUR	FRI	SAT
10:00-10:45	9:15-10:00	9:00-9:45	9:15-10:00	10:15-11:00	9:00-9:45
11:00-11:45	10:15-11:00	9:45-10:30	10:15-11:00	11:15-12:00	9:15-10:00
1:00-1:45	11:00-11:45	11:00-11:45	1:00-1:45	1:00-1:45	10:00-10:45
4:00-4:45	1:00-1:45	1:15-2:00	1:45-2:30	4:00-4:45	10:45-11:30
	5:15-6:00	4:00-4:45	4:00-4:45	5:00-5:45	
			5:00-5:45	5:45-6:30	
			5:45-6:30		

Rollie Pollie is a class for children 3 & 4 yrs old. Children will learn the basics of gymnastics, while fine tune their motor skills. This class is a great way for children to learn social and group listening skills. Boys & Girls!

Earn a Trophy w/ 5 consecutive Years enrolled.
All Ages & Programs



FLIP-TASTICS BOY'S		
MON	TUES	FRI
Ages 5-7 4:30-5:30	Ages 5-7 4:30-5:30	Ages 8+ 5:00-6:00
Ages 8+ 5:30-6:30	Ages 8+ 5:30-6:30	Ages 5&6 6:00-7:00
	THUR	SAT
	Ages 4-6 11:00-11:45 1:00-1:45	Ages 5-7 10:15-11:15

Flip-tastics Boy's is a gymnastics class designed around Men's events and learning basic gymnastics skills. Boys will develop strength and coordination that will enhance any future sport activity.



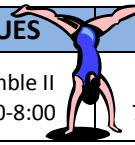
Students will receive a **GOLD MEDAL** in the Spring Session to reward their dedication & commitment when enrolled in all 4 Sessions! Any program!



TUMBLE CLASS	
TUES	THUR
Tumble II 6:30-8:00	Tumble I 7:00-8:00

Tumble I is a class for children ages 8 & up, wanting to learn basic tumbling. Cartwheel to Back Handspring. Boys & Girls!

Tumble II is an advance tumbling class. Prerequisite: Back handspring unassisted. Classes will be taught with the use of special training equipment. Boys & Girls!



CHEER & TUMBLE	
WED	Make A Day
Ages 5 + 5:30-6:30	Call if interested in other Days

Children will learn cheers, jumps, cheer dance, tumbling in a friendly safe and fun environment.



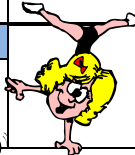
Each child will receive an achievement ribbon at the end of each session. Ages 5 and up will also receive a progress report at the end of the Fall II & Spring Session.



Flip-tastics III & IV is a class for children age 6+ with previous gymnastics experience. Certain skill prerequisites are required. (Please call the office for an evaluation). Children will learn advance skills and develop muscle awareness while being challenged and having fun.

NEW - Flip III & IV Comp. Intro: Ages 8+ Compose routines and compete in house at FVG, good way to put competition to the test. Students need to enroll in all 4 Sessions to prepare for Competitions held in Jan., March, and June. Call for details.

FLIP-TASTICS III & IV			
TUES	THUR	FRI	SAT
Ages 6-9 4:45-6:15	Ages 6-9 4:45-6:15	Ages 6+ 4:30-6:00	Ages 6+ 11:30-1:00
Ages 6+ 6:00-7:30	Ages 6+ 6:00-7:30		
	TUES	FRI	
	Ages 8+ 5:15-6:45	Ages 8+ 4:30-6:00	



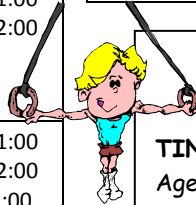
DANCE & CARTWHEELS	
TUES	WED
Ages 4-6 1:00-2:00	Ages 4&5 11:00-11:45

Children will explore music and creative movement. Intro to ballet, jazz, & more! Bonus, basic floor acro, cartwheels, rolls, handstands & More! Boys & Girls, fun for all! End of session performance.



Ages 5 & 6 / 7 & UP / FLIP-TASTICS I & II						
	MON	TUES	WED	THUR	FRI	SAT
Ages 5&6	9:00-10:00	1:00-2:00	9:45-10:45	9:15-10:15	10:00-11:00	9:00-10:00
	1:45-2:45	1:45-2:45	1:00-2:00	4:30-5:30	1:45-2:45	10:00-11:00
	4:15-5:15	4:00-5:00	1:45-2:45	5:45-6:45	4:00-5:00	11:00-12:00
	5:15-6:15	4:30-5:30	5:00-6:00		5:15-6:15	
Ages 7+					6:30-7:30	
	"Great Place To Make New Friends"			4:00-5:00		10:00-11:00
	4:15-5:15	4:30-5:30		4:30-5:30	4:15-5:15	11:00-12:00
	5:15-6:15	6:00-7:00	5:00-6:00	6:00-7:00	5:00-6:00	12:00-1:00

Flip-tastics I & II is for school-age children with none or limited gymnastics experience. The children will build strength and flexibility while learning progressive skills in a non-competitive achievement-oriented, safe and fun environment. **Students will be divided into groups by age and ability.**



USA GYMNASTICS CLUB MEMBER JUNIOR OLYMPIC TRAINING TEAMS

TINY TALENT
Ages 5 & 6
TEAM-N-TRAINING
Ages 7 & up



USAG JUNIOR OLYMPIC COMPETITION TEAM
Girls - Levels 4-10 & Prep. Optional
Boys - Level 4-10

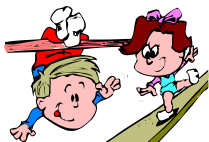
Invitation Only / Skill prerequisite / Call for more info!



Enhance athletic performance in all sports. Increase strength, speed, flexibility & coordination with the use of a lot of unique stations and equipment, Bars, beam, tramps, foam pit & more! Boys & Girls!

SPORTS PERFORMANCE	
MON	THUR
Ages 8+ 3:30-4:30	Ages 5-7 4:00-5:00





"SHAPING KIDS FOR THE FUTURE"

IS OUR GOAL! We strive to achieve this goal through the sport of Gymnastics, Dance, and Cheerleading & Fun Fitness Activities. These physical activities are a great way to enhance and challenge the body & mind. The children will learn the importance of good health, exercise and how to make their body move in different & exciting ways. Programs are taught in a safe, fun and inviting environment within our 25,000+ sq. ft. Building. Our facility is full of Junior and Olympic regulation equipment, including a 40 ft. long tumble track, foam pit, air track, trampoline, inflatable's, waterslide, and a lot of fun shape mats. Our staff is First Aid, CPR and USA Gymnastics Safety Certified and have many years of gymnastics, cheer and or dance training. They are enthusiastic, excited as well as dedicated to work hard at helping to develop **Responsible, Healthy, Happy Kids for Today & Tomorrow!**



2011 - 2012
4 SESSIONS AVAILABLE
 9 Week Sessions / 36 Weeks Total
FALL I Sept. 7th - Nov. 8th
FALL II Nov. 9th - Jan. 28th
WINTER Jan. 30th - Apr. 7th
SPRING Apr. 9th - June 16th

Yearly Membership Fee

\$20.00 individual / \$30.00 per family

Tuition: Due at time of registration. Families with multiple children enrolled may pay in two payments, inquire in office for details.

"SAVE"
\$5.00 off
 Each Session If
 Paid In Full by:
FALL I 8/24
FALL II 10/26
WINTER 1/16
SPRING 3/26
 OR
\$40 Off
 Full Year If
 Paid in Full By
Oct. 1, 2011

Class Length	Price Per Session	CASH or Check
45 min	\$159	\$154
1 hour	\$177	\$171
1 ½ hour	\$207	\$199

4 Students Needed to Run Class.
Tell your friends,
"Fitness Is For Life"

DISCOUNTS

Save 5% on additional Family Member's tuition (Lowest fee applied).

Early Pay Discount: Save \$5.00 on each session when Paid in Full by the dates noted above, OR **SAVE \$40** when enrolled for a **FULL YEAR (4 sessions) & Paid in Full by Oct. 1st, 2011**
Save even more if paying by Cash or Check.
 Please call 860 793-1616 for more information.



Preferred Form Of Payment
CASH or CHECK! (\$30 Return Check Fee)
 Also accepted: Debit, MC, VISA, & DISCOVER

Students will receive a GOLD MEDAL in the Spring to reward their dedication & commitment when enrolled in all 4 sessions!



Farmington Valley
 Gymnastics & More, LLC
 5 Northwest Drive
 Plainville, CT 06062
 Web: FVGandMore.com



"Birthday Parties"
Also Offered



"Shaping Kids For The Future"

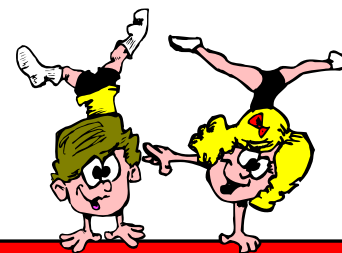
"2011-2012"



Come Join
The Fun
At FVG!

5 Northwest Drive
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 860 793-1616

Web: FVGandMore.com



**Developing Responsible,
 Healthy, Happy Kids
 For Today & Tomorrow!**