



North Valley Gymnastics

20815 N. 28th St.

Phoenix, AZ 85050

602-404-FLIP (3547)

www.northvalleygymnastics.co

Class Schedule & Pricing

(Schedule and Pricing subject to change)

10% Sibling Discount, 20% Multi Class Discount

ANNUAL Membership (\$40 per student)

Annual Membership will be assessed at time of enrollment and is renewable each year.

| KINDERGYM (AM) | | | | | | | | |
|---|--------------|-----------------|--------|-------------|-------------|---------------------------|---------------------------|--|
| Class Name | Class Length | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Movers (18 m - 2 yrs) <i>(Parent Participation)</i> | 45 min | \$95 | | 9:30-10:15 | 9:30-10:15 | 9:30-10:15 | 9:30-10:15 | 9:00-9:45 10:00-10:45 |
| Hoppers (2-3 yrs) <i>(Invite Only / Parent Participation)</i> | 45 Min | \$95 | | | | | | 8:30-9:15 |
| Jumpers (3 yrs) | 50 min | \$104 | | 11:30-12:20 | 10:30-11:20 | 10:30-11:20 | 10:30-11:20 | 9:30-10:20 10:00-10:50 11:00-11:50 |
| Tumblers (4 yrs) | 60 min | \$120 | | 10:30-11:30 | 10:30-11:30 | 9:30-10:30 11:30-12:30 | 10:30-11:30 | 10:00-11:00 10:30-11:30 |
| Climbers (5 yrs) | 60 min | \$120 | | | 9:30-10:30 | 10:30-11:30 | 9:30-10:30 11:30-12:30 | 9:00-10:00 11:30-12:30 |
| Flippers (6 yrs) | 60 min | \$120 | | | | | | 9:00-10:00 |

| KINDERGYM (PM) | | | | | | | | |
|--|--------------|-----------------|------------------------|------------------------|------------------------|------------------------|-----------|----------|
| Class Name | Class Length | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Jumpers (3 yrs) | 50 min | \$104 | 4:00-4:50 4:20-5:10 | 5:30-6:20 | 3:00-3:50 | 4:00-4:50 5:00-5:50 | 5:00-5:50 | |
| Tumblers (4 yrs) | 60 min | \$120 | 4:30-5:30 5:00-6:00 | 4:30-5:30 5:30-6:30 | 4:00-5:00 4:30-5:30 | 4:30-5:30 5:00-6:00 | 4:00-5:00 | |
| Climbers (5 yrs) | 60 min | \$120 | 4:20-5:20 5:20-6:20 | 3:30-4:30 4:30-5:30 | 4:00-5:00 5:00-6:00 | 4:00-5:00 5:30-6:30 | 4:00-5:00 | |
| Flippers (6 yrs) | 60 min | \$120 | 5:30-6:30 | | 5:30-6:30 | 4:00-5:00 | | |
| Flyers <i>(Must enroll in 2 Classes)</i> | 3 Hrs | \$279 | 5:20-6:45 | 4:00-5:25 | | 5:00-6:25 | 4:30-5:55 | |



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| GIRLS RECREATIONAL GYMNASTICS | | | | | | | | |
|--------------------------------------|--------------|-----------------|---|---|--|--|--|--|
| Class Name | Class Length | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Girls - Level 1 | 60 min | \$120 | 3:00-4:00 4:00-5:00 5:00-6:00 6:00-7:00 6:30-7:30 | 3:30-4:30 4:00-5:00 4:30-5:30 5:00-6:00 5:30-6:30 | 1:30-2:30 4:00-5:00 4:30-5:30 5:00-6:00 5:30-6:30 7:00-8:00 | 3:30-4:30 4:00-5:00 4:30-5:30 5:00-6:00 | 4:00-5:00 4:30-5:30 5:00-6:00 5:30-6:30 | 9:00-10:00 9:30-10:30 10:00-11:00 11:00-12:00 |
| Girls - Level 2 | 85 min | \$175 | 4:00-5:25 4:30-5:55 | 5:30-6:55 6:30-7:55 | 2:30-3:55 4:30-5:55 6:00-7:25 | 4:00-5:25 5:30-6:55 | 6:30-7:55 | 9:00-10:25 10:30-11:55 |
| Girls - Level 3 | 90 min | \$175 | 6:30-8:00 | 6:00-7:30 | 5:00-6:30 | 6:00-7:30 | 6:00-7:30 | 11:00-12:30 |
| Girls - Level 4 | 2 hrs | \$230 | 6:00-8:00 | | | 6:00-8:00 | | |
| Girls (Ages 10+) | 90 min | \$175 | 6:30-8:00 | 6:30-8:00 | | 4:30-6:00 | | 10:30-12:00 |
| Acrobatics | 90 min | \$175 | | | | | 11:00-12:30 | |
| STARS - Red | 4 hrs | \$300 | 5:30-7:30 | | | 5:30-7:30 | | |
| STARS - Blue | 4 hrs | \$300 | | 5:30-7:30 | | | 5:30-7:30 | |
| STARS - Shining | 4 hrs | \$300 | | | 6:00-8:00 | | | 10:00-12:00 |

| GIRLS GYMNASTICS - DEVELOPMENTAL | | | | | | | | |
|--|--------------|-----------------|------------------------|-----------|------------------------|--------------------------|-------------------------|-------------|
| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Petite Elite | 75 min | \$145 | | 4:00-5:15 | 4:30-5:45 | 10:30-11:45 4:10-5:25 | 10:30-11:45 | 9:10-10:25 |
| Mini Elite (Must enroll in 2 classes) | 3 | \$279 | 4:00-5:30 5:30-7:00 | | 4:00-5:30 5:30-7:00 | | 9:00-10:30 4:00-5:30 | 10:30-12:00 |
| Junior Elite (Must enroll in 2 classes) | 5 | \$322 | 4:00-6:30 | 4:30-7:00 | 4:00-6:30 | 4:00-6:30 | 4:00-6:30 | |



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POWER TUMBLING and CHEER Schedule

| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--------------|-----------------|-----------|-----------|-----------|-----------|--------|----------|
| <i>Tumbling Level 3</i> | 1 | \$120 | | | 6:30-7:30 | | | |
| <i>Tumbling Level 4</i> | 1.5 | \$175 | | | | 5:30-7:00 | | |
| <i>BackHandspring Only</i> | 1 | \$120 | 4:30-5:30 | | | 4:30-5:30 | | |
| <i>Cheer Tumbling</i> | 1 | \$120 | | | | | | |
| <i>Cheer Tumbling - Int</i> | 1.5 | \$175 | | | 6:30-8:00 | | | |
| <i>Tumbling for Dance</i> | 1.5 | \$175 | 4:00-5:30 | 4:30-6:00 | | | | |

T&T (Trampoline & Tumbling) RECREATIONAL

| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--------------|-----------------|------------------------|-------------------------------------|------------------------|------------------------|-----------|----------------------------|
| <i>Tornados (Ages 4 - 6)</i> | 1 | \$120 | 4:30-5:30 5:30-6:30 | 3:30-4:30 4:30-5:30 5:30-6:30 | | 3:30-4:30 4:30-5:30 | | 9:30-10:30 10:30-11:30 |
| <i>T&T Level 1 (Coed)</i> | 1 | \$120 | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | 5:30-6:30 | 4:30-5:30 | 10:30-11:30 11:30-12:30 |
| <i>T&T Level 2 (Coed)</i> | 1 | \$120 | 5:30-6:30 6:30-7:30 | 4:30-5:30 5:30-6:30 | 4:30-5:30 5:30-6:30 | 4:30-5:30 | | 11:30-12:30 |
| <i>T&T Level 3 (Coed)</i> | 1 | \$120 | 6:30-7:30 | 6:30-7:30 | 4:30-5:30 | 5:30-6:30 6:30-7:30 | | |
| <i>T&T Level 4 (Coed)</i> | 1.5 | \$175 | | 6:30-8:00 | 6:30-8:00 | | | |

T&T (Tricking and Trampoline) RECREATIONAL

| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--------------|-----------------|-----------|-----------|-----------|-----------|-----------|----------|
| <i>Tumbling & Tricking (Beg)</i> | 1 | \$120 | 5:30-6:30 | | 4:30-5:30 | 4:30-5:30 | 6:30-7:30 | |
| <i>Tumbling & Tricking (Adv)</i> | 1 | \$120 | | | 6:30-7:30 | | 6:30-7:30 | |
| <i>Gtramp Beginning</i> | 1 | \$120 | 6:30-7:30 | 5:30-6:30 | | | 4:30-5:30 | |
| <i>Gtramp Intermediate</i> | 1 | \$120 | | | 5:30-6:30 | | 5:30-6:30 | |
| <i>Gtramp Advanced</i> | 1 | \$120 | | | 5:30-6:30 | 6:30-7:30 | | |
| <i>Little Ninja (4-5 yrs old)</i> | 1 | \$120 | | | 3:30-4:30 | 4:30-5:30 | | |
| <i>Ninja Beginning (6 and Up)</i> | 1 | \$120 | | | 5:30-6:30 | 5:30-6:30 | 5:30-6:30 | |



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| BOYS RECREATIONAL GYMNASTICS | | | | | | | | |
|---|--------------|-----------------|-----------|--------------------------|------------------------|----------------------------|--------------------------|--------------------------|
| Class Name | Class Length | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Scooters (3 - 4 yrs) | 50 min | \$104 | | 9:30-10:20 | | | 9:30-10:20 | |
| Racers (4 - 5 yrs) | 55 min | \$120 | 4:00-4:55 | 10:30-11:25 4:00-4:55 | | 10:30-11:25 4:00 - 4:55 | 10:30-11:25 4:00-4:55 | 9:00-9:55 11:30-12:25 |
| Cobras (4 - 6 yrs) Invitation Only | 55 min | \$120 | | 5:00-5:55 | 4:00-4:55 | 11:30-12:25 | 5:00-5:55 | 9:00-9:55 11:30-12:25 |
| Boys Level 1 (Ages 6-9) | 55 min | \$120 | | 5:00-5:55 | | 5:00-5:55 | | 10:00-10:55 |
| Boys Level 2 (Ages 7+) | 85 min | \$175 | 6:30-7:55 | | 5:00-6:25 6:30-7:55 | | | 10:00-11:25 |

| HOMESCHOOL Program (Coed) | | | | | | | | |
|--|--------------|-----------------|-----------|---------|-----------|-----------|-----------|----------|
| Classes designed to get your kids moving in a fun group environment. Increase endurance, strength, flexibility, balance, and spatial awareness. Foster social skills, communication, teamwork & cooperation. | | | | | | | | |
| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Homeschool - Gymnastics (Ages 5-16) | 60 min | \$120 | 2:00-3:00 | | 1:00-2:00 | 1:00-2:00 | | |
| Homeschool - Trampoline & Tumbling (Ages 5 - 16) | 60 min | \$120 | | | | | 1:00-2:00 | |
| Homeschool - Fitness (Ages 5 - 16) | 45 min | \$95 | | | | | 2:15-3:00 | |
| Homeschool - Cheer Basics (no stunting) (Ages 5 - 16) | 45 min | \$95 | | | | | 3:15-4:00 | |



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Gym 4 All - Group Adaptive Gymnastics

Group adaptive classes are designed to serve children with developmental, sensory, and/or behavioral needs. These classes will focus on developing physical, cognitive, and social/emotional skills through gymnastics instruction in a fun and supportive group environment.

| Class Name | Hrs Per Week | Monthly Tuition | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------|-----------------|-----------|-----------|-------------|-----------|--------|----------|
| Gym 4 All - GREEN (Ages 3-6) <i>Caregiver/Parent required</i> | 30 min | \$100 | | 2:20-2:50 | 10:20-10:50 | 2:20-2:50 | | |
| Gym 4 All - YELLOW (Ages 7-12) <i>Caregiver/Parent optional</i> | 40 min | \$110 | | 3:30-4:10 | 4:20-5:00 | 3:30-4:10 | | |
| Gym 4 All - ORANGE (Ages 13-18) <i>Caregiver/Parent optional</i> | 40 min | \$110 | 3:30-4:10 | | 3:30-4:10 | | | |
| Gym 4 All - RED (ADVANCED - Invite Only) | 45 min | \$115 | 4:30-5:15 | 4:30-5:15 | 5:15-6:00 | | | |

1:1 Adaptive Gymnastics

1:1 adaptive classes provide private lessons to children with developmental, sensory, and/or behavioral needs. With the ability to individualize the class and tailor it to each child's specific needs, your child and coach will work together to have fun, accomplish their goals & develop physical, cognitive, and social/emotional skills.

| Class | Price Per Class | Ages | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|-----------------|-----------|---|---------|-----------|----------|--------|----------|
| 1:1 30 minutes | \$50 | Ages 3-18 | 1:1 adaptive classes can be scheduled as weekly, every other week, or once a month. Class days & times are dependent upon coach availability & gym capacity. | | | | | |
| 1:1 45 minutes | \$65 | | | | | | | |
| 1:1 60 minutes | \$80 | | | | | | | |