



540.433.5437
 www.kinetickidsgym.com
 4753 Spotswood Trail, Penn Laird
 (3 miles east of Valley Mall on Route 33, Harrisonburg)

CLASS MENU

Gymnastics, Karate, Mommy-and-me, Sports Prep, Pre-K, and Open Gym Playtime
 (dance on separate schedule)

SPORTS PREP

ages 3-5

physical preparatory classes designed to boost your child's readiness for sports, the kindergarten playground, karate, and LIFE!

THROW IT, HIT IT, KICK IT, GUARD IT

FOR OUR FRIENDS WHO WANT TO IMPROVE THEIR AGILITY, STRENGTH, BODY AWARENESS, AND SOCIAL SKILLS WHILE BEGINNING TO LEARN THE FUNDAMENTALS OF SPORTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPORTS PREP ages 3-5		10:00-10:45			10:15-11:00	
		5:20-6:05				

KARATE

ages 4 to 7

KICK IT, BLOCK IT, HIT IT

FOR OUR FRIENDS WHO WANT TO LEARN SELF-RESPECT, SELF-DISCIPLINE, SELF-CONTROL, SELF-CONFIDENCE & KARATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTRO TO KARATE ages 4-7				5:00-5:45		
				5:30-6:15		

KINETIC DISCOVERY

FOR OUR FRIENDS WHO CAN CRAWL THROUGH 2 YEARS OLD

physical preparatory classes designed to boost your child's readiness for gymnastics, dance, karate, and LIFE!

KINETIC DISCOVERY IS A UNIQUE PROGRAM DESIGNED TO BOOST KIDS' PHYSICAL, SOCIAL, AND COGNITIVE ABILITIES THROUGH IMAGINATIVE AND EDUCATIONAL PHYSICAL ACTIVITY. WE HOLD "MAT CLASS" IN THE GYM. THEN WE USE OUR NEW KNOWLEDGE TO NAVIGATE OUR WAY THROUGH THE NEXT PHYSICAL CHALLENGE. FOR EXAMPLE, WE MAY LEARN THAT DOLPHINS LIVE IN THE OCEAN BUT NEED TO BREATHE AIR JUST LIKE US! WE TAKE THAT INFORMATION AND PRETEND TO BE DOLPHINS CLIMBING OVER OBSTACLES (LIKE JUMPING OVER WAVES) AND CRAWLING THROUGH TUNNELS (PRETENDING TO GO UNDER WATER) HOLDING OUR BREATH. IT'S AN UPBEAT, HIGH-ENERGY, POSITIVE REINFORCEMENT COURSE. THE KIDS LOVE IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRAWLERS for the little ones who have learned to crawl		10:45-11:30				
WALKERS for kids 2 and under who are walking			9:30-10:15		9:30-10:15	10:15-11:00
RUNNERS for kids 2 and under who are running and climbing		9:15-10:00		10:30-11:15		

GYMNASTICS & ACROBATICS

ages 3-12

FLIP, JUMP, BALANCE, TUMBLE

FOR OUR FRIENDS WHO LIKE TO CHALLENGE THEIR BODIES WITH A VARIETY OF GYMNASTICS AND STUNTING SKILLS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TUMBLERS introductory gymnastics course for 3-5 year olds		6:15-7:00		9:30-10:15 3:50-4:35		11:15-12:00
LEVEL 1 ages 6-10	5:20-6:05		5:20-6:05			
LEVEL 2	4:30-5:15		4:30-5:15			
LEVEL 2	6:15-7:00		6:15-7:00			
LEVEL 3/ACROBATICS		4:30-5:15		5:50-6:35		

Tiny Tumblers is designed to be a one class per week program. The curriculum builds the foundational skills needed to succeed in future class levels. The classes are inventive and fun with little feeling of repetition associated with a typical gymnastics program. We work not only on the skill but the body's requirements to perform each skill (strength, balance, jumping,...). In addition, the students are given a "word of character" to exemplify each month. We work to create the "all-around" gymnast, good skills, good attitude, and good character.

Levels 1, 2 and 3/Acrobatics are two classes per week programs. The gymnast at these levels needs the additional gym-time to advance at a pace that satisfies their desires for achievement. The skills learned in Levels 2 and 3 are increasingly more difficult and cannot be completely practiced at home without the aid of our equipment and instructor. For these reasons, the students greatly benefit from the additional weekly class.

OPEN GYM PLAYTIME

FOR OUR FRIENDS WHO WANT TO USE THE GYM IN THIS UNSTRUCTURED EVENT
 (Open Gym Playtime can be enjoyed by members and non-members.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			11:30-12:45	11:30-12:45 6:35-7:35	11:00-12:15	12:00-1:00