

# 2016 Spring Shanghai Gymnastics Changning/Minhang

We are looking forward to another great season of flipping and tumbling! Passion and joy for the sport is what we all have in common and we are excited and proud to be part of your child's athletic journey.

## HOW TO SIGN-UP

To sign-up your kids, please call us (186-2178-1281) or email us ([shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com)) and let us know your child's name, age and gender and we will recommend a class. Please feel free to reach out to us with any questions you may have about our programs, coaches and facilities.

## IMPORTANT INFORMATION

- Classes will begin the week of **April 4th and will go until June 19th.**
- Tuition payments must be made during first week of class
- Siblings discount available
- Make up sessions are possible within the term, but only with prior notice and approval of coaches.

## PROGRAM CATEGORIES

<b>Recreational</b> For kids new to gymnastics!	<ul style="list-style-type: none"> <li>• For boys and girls of all ages</li> <li>• Designed to teach fundamental gymnastics skills through a progression system focused on technique and motor ability.</li> <li>• Kids spend time on all apparatuses in the gym as they develop balance, agility, strength, flexibility, body awareness, discipline and self-esteem.</li> <li>• Kids will love physical activity due to satisfaction and personal rewards that come from accomplishment and being fit.</li> </ul>
<b>Team</b> By coaches recommendation after assessment	<ul style="list-style-type: none"> <li>• These classes are great for kids with previous gymnastics experience, kids who have mastered the skills introduced in recreational classes, or by coaches recommendation.</li> <li>• Higher difficulty skills and routines</li> <li>• Athletes will be encouraged to compete at local, regional and even international meets.</li> <li>• Attendance to all practice times for the team group is mandatory.</li> <li>• Registration for this class is only by coaches recommendation after assessment.</li> </ul>

## TUITION FEES 2016

Hours of class per week	1	1.5	2	3	4	5	6
<b>Monthly Plan</b>	540 RMB	810 RMB	1,080 RMB	1,440 RMB	1,920 RMB	2,300 RMB	2,500 RMB
<b>Spring 2016</b> April 4 - June 19 (Due by April 16)	1,375 RMB	2,065 RMB	2,750 RMB	3,500 RMB	4,125 RMB	4,815 RMB	4,950 RMB

\* Annual Registration Fee: 250 RMB // \*\* Please contact us for Gymnastics Team or Adult Parkour pricing.



[www.shanghaigymnastics.com](http://www.shanghaigymnastics.com) / 186-2178-1281 / [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com)

**JINQIAO GYM (PUDONG):** 2622 Jinqiao Lu, No. 59, Bldg. 1, near Jinxiu Dong Lu 浦东新区金桥路2622弄59号1号楼 近锦绣东路

**CHANGNING/MINHANG GYM (PUXI):** 789 Hong Zhong Lu, near Yan'an Xi Lu 闵行区虹中路789号近延安西路

**HUACAO/QINGPU GYM (PUXI):** 388 Shuanglian Lu, Bld. 6, 4/F, near Mingzhu Lu 徐泾镇双联路388号6幢4层 近明珠路

# Shanghai Gymnastics Changning-Minhang 2016 Spring Class Schedule

789 Hong Zhong Lu, near Yan'an Xi Lu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Birthday Parties					By request	After 5pm	11:30 am - 6:00 pm
<b>RECREATIONAL</b>							
Mommy & Me 2-3 yr old	3:30 pm - 4:30 pm	By request	By request	By request		By request	
Tumble Tots 3-5 yr old	4:30 pm - 5:30 pm	4:00 pm - 5:00 pm	3:30 pm - 4:30 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm		10:00 am - 11:00 am 11:10 am - 12:10 pm	
Gymnastics 5-7 yr old	4:30 pm - 5:30 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm	4:30 pm - 5:30 pm	4:00 pm - 5:00 pm		10:00 am - 11:00 am 11:10am - 12:10 pm 4:30 pm - 5:30 pm	10:00 am - 11:00 am
Gymnastics 8-10 yr old	5:30 pm - 6:30 pm	4:00 pm - 5:00 pm 5:00 pm - 6:00 pm		4:00 pm - 5:00 pm		10:00 am - 11:00 am 11:10 am - 12:10 pm	
Gymnastics 10 yr old +		6:00 pm - 7:00 pm				9:00 am - 10:00 am 11:10 am - 12:10 pm	
Gymnastics 18 yr old +	8:00 pm - 9:00 pm						
Boys Gym 6 yr old +		5:10 pm - 6:10 pm		4:00 pm - 5:00 pm		11:10 am - 12:10 pm	
Boys Gym 8 yr old +	4:30 pm - 6:30 pm	5:10 pm - 6:10 pm	4:30 pm - 6:30 pm	4:00 pm - 5:00 pm		11:10 am - 12:10 pm	
Parkour 6 yr old +				6:30 pm - 8:00 pm			
Parkour 10 yr old +				5:00 pm - 6:30 pm			
Cheerleading Tumbling		7:10 pm - 8:10 pm			5:30 pm - 6:30 pm	12:30 pm - 1:30 pm	
Cheerleading Open Gym						By request	By request
<b>DEVELOPMENTAL &amp; TEAM</b>							
Developmental Invited Class		5:10 pm - 7:10 pm			4:00 pm - 6:00 pm		
Pre-Team AUS lvl 2 & 3	4:00 pm - 6:00 pm	5:10 pm - 7:10 pm	4:30 pm - 6:30 pm		4:00 pm - 6:00 pm	12:30 pm - 2:30 pm	
Team AUS lvl 4 +	6:00 pm - 8:00 pm		6:30 pm - 8:30 pm			2:30 pm - 4:30 pm	

\*\*\* Class schedule is subject to change. Please contact us ahead of time to sign-up.

## Create your own class!

Our schedule doesn't fit yours? You can request to start your own class. Minimum 4 students.