

2016 Fall 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 register online at www.shanghaigymnastics.com/register. Please feel free to reach out to us with any questions you may have about our programs, coaches and facilities.

IMPORTANT INFORMATION

- 2016 Fall Session: **August 22nd - December 18th**
- Chinese National Holiday Break: October 3-9 (no classes)
- 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
- Parents are NOT allowed inside the gym area unless invited by the coach. All gymnastics, team and routine decisions are made by coaching staff.

PROGRAM CATEGORIES

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

TUITION FEES 2016

Hours of class per week	1	1.5	2	3	4	5	6
Monthly Plan	600 RMB	900 RMB	1,200 RMB	1,800 RMB	2,400 RMB	3,000 RMB	3,500 RMB
Fall 2016 August 22 - December 18 (Due by August 29)	2,160 RMB	3,240 RMB	4,200 RMB	5,700 RMB	7,200 RMB	8,100 RMB	9,000 RMB

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



www.shanghaigymnastics.com / 186-2178-1281 / 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 Fall 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
RECREATIONAL							
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
TEAM							
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.