

2016 Fall Shanghai Gymnastics Jinqiao

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 boys and girls of all ages and sizes	<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">• Emphasizes the development of strength, flexibility, and coordination required by complex gymnastics skills.• 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: 200 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 Jinqiao 2016 Fall Class Schedule

2622 Jinqiao Lu near Jinxiu Dong Lu, #59, building 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECREATIONAL							Birthday parties available upon request
Mommy & Me 2-3 yr old					11:00 am - 12:00 pm	10:00 am - 11:00 am	
Tumble Tots 3-5 yr old	3:30 pm - 4:30 pm		3:30 pm - 4:30 pm		3:30 pm - 4:30 pm	10:00 am - 11:00 am	
Gymnastics 6-8 yr old	4:30 pm - 6:00 pm	4:00 pm - 5:30 pm	4:30 pm - 6:00 pm	4:00 pm - 5:30 pm	4:30 pm - 6:00 pm	11:00 am - 12:30 pm 4:00 pm - 5:30 pm	
Gymnastics 7-11 yr old	4:00 pm - 6:00 pm		4:00 pm - 6:00 pm		5:30 pm - 7:30 pm	12:30 pm - 2:30 pm	
Gymnastics 11 yr old +		5:30 pm - 7:30 pm		5:30 pm - 7:30 pm		12:30 pm - 2:30 pm	
Boys Gymnastics					4:30 pm - 5:30 pm	11:00 am - 12:30 pm	
Parkour Foundations 8 yr old +		4:30 pm - 6:00 pm	4:30 pm - 6:00 pm	4:30 pm - 6:00 pm	4:30 pm - 6:00 pm	10:30 am - 12:00 am 1:00 pm - 2:30 pm	
Parkour Foundations 18 yr old +		6:00 pm - 7:30 pm	6:00 pm - 7:30 pm	6:00 pm - 7:30 pm	6:30 pm - 8:00 pm	3:00 pm - 4:30 pm	
Parkour Flips & Flow						3:00 pm - 4:30 pm	
Parkour Fit 16 yr old +						5:00 pm - 6:00 pm	
Parkour Open Gym 16 yr old +		5:30 pm - 8:30 pm	5:30 pm - 8:30 pm	5:30 pm - 8:30 pm	5:30 pm - 8:30 pm	2:30 pm - 8:30 pm	
Cheerleading Tumbling	6:00 pm - 7:00 pm		6:00 pm - 7:00 pm				
Cheerleading Stunts	7:00 pm - 8:00 pm		7:00 pm - 8:00 pm				
TEAM							
Gymnastics AUS lvi 2 & 3		4:00 pm - 6:00 pm		4:00 pm - 6:00 pm	4:00 pm - 6:00 pm		
Gymnastics AUS lvi 3 & 4	4:00 pm - 7:00 pm		4:00 pm - 7:00 pm		5:00 pm - 8:00 pm	2:30 pm - 5:30 pm	
Gymnastics AUS lvi 4 +		5:30 pm - 8:30 pm		5:30 pm - 8:30 pm	5:00 pm - 8:00 pm	2:30 pm - 5:30 pm	
Boys Gymnastics		4:00 pm - 5:30 pm		4:00 pm - 5:30 pm		10:00 am - 11:30 am	

*** 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.



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