

# 2017 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 register online at [www.shanghaigymnastics.com/register](http://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

- 2017 Spring Session: **April 10 - June 25**
- 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

<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 2017

Hours of class per week	1	1.5	2	3	4	5	6
<b>Spring 2017</b> April 10 - June 25 (Due by April 17)	1,485 RMB	2,230 RMB	2,970 RMB	4,455 RMB	5,345 RMB	6,310 RMB	7,060 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):** 3213 Hongmei Lu, Hongchun Building, 3/F 虹梅路3213号3层红春大楼

**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 2017 Spring Class Schedule

3213 Hongmei Lu, Hongchun Building, 3/F 虹梅路3213号3层红春大楼

	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		By request	By request	By request		By request	
All ages						10:00 am - 11:00 am 11:10 am - 12:10 pm	
Tumble Tots 3-5 yr old			3:30 pm - 4:30 pm				
Tumble Tots 3-6 yr old				4:00 pm - 5:00 pm			
Gymnastics 5-7 yr old	3:30 pm - 4:30 pm 4:30 pm - 5:30 pm 5:30 pm - 6:30 pm	3:15 pm - 4:15 pm 4:30 pm - 5:30 pm					
Gymnastics 6-9 yr old		4:00 pm - 5:00 pm					
Gymnastics 7-8 yr old			4:30 pm - 5:30 pm 5:30 pm - 6:30 pm				
Gymnastics Pre-Team 6-10 yr old			4:30 pm - 6:30 pm				
Gymnastics Pre-Team 6-11 yr old					3:45 pm - 5:45 pm	12:30 pm - 2:30 pm	
Gymnastics Pre-Team 7-10 yr old				4:00 pm - 6:00 pm			
Gymnastics Pre-Team 8-9 yr old	4:30 pm - 6:30 pm						
Gymnastics 10 yr old +		5:00 pm - 6:00 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.