

# 2017 Fall Shanghai Gymnastics Hongqiao

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 Fall Session: **August 28 - December 17**
- October Holiday: October 1 - October 8 (NO CLASSES)
- Winter Camp: December 18 - 24
- Next Session: Starts January 8
- 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 boys and girls of all ages and sizes	<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>• Emphasizes the development of strength, flexibility, and coordination required by complex gymnastics skills.</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>Fall 2017</b> August 28 - December 17 (Due by September 5)	2,320 RMB	3,480 RMB	4,640 RMB	5,760 RMB	7,369 RMB	8,400 RMB	9,120 RMB

\* Annual Registration Fee: 200 RMB

\* Please contact us for Gymnastics Team pricing



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

**JINQIAO GYM (PUDONG):** 1000 Jinsui Lu, 2nd/F, Block A, Near Longqiao Lu 浦东新区金穗路1000号A区2楼 近陇桥路

**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 Hongqiao 2017 Fall Class Schedule

3213 Hongmei Lu, Hongchun Building, 3/F

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Birthday Parties						By request (After 5pm)	By request (All day)
<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	3:30 pm - 4:30 pm	3:15 pm - 4:15 pm	3:30 pm - 4:30 pm	3:15 pm - 4:15 pm		10:00 am - 11:00 am	
	4:30 pm - 5:30 pm	4:30 pm - 5:30 pm		4:10 pm - 5:10 pm		11:10 am - 12:10 pm	
Gymnastics 5-7 yr old	4:30 pm - 5:30 pm	4:00 pm - 5:00 pm	3:30 pm - 4:30 pm	4:00 pm - 5:00 pm		10:00 am - 11:00 am	
		5:30 pm - 6:30 pm	4:30 pm - 5:30 pm	5:10 pm - 6:10 pm		11:10 am - 12:10 pm	3:00 pm - 4:00 pm
Gymnastics 7-9 yr old	5:30 pm - 6:30 pm	5:00 pm - 6:00 pm	4:30 pm - 5:30 pm	5:00 pm - 6:00 pm		10:00 am - 11:00 am	
						11:10 am - 12:10 pm	3:00 pm - 4:00 pm
Gymnastics 10 yr old +						11:10 am - 12:10 pm	
Boys Gymnastics 6 yr old +		4:30 pm - 6:30 pm	4:30 pm - 6:30 pm			11:10 am - 12:10 pm	
Invited Two Hours Class	4:30 pm - 6:30 pm	5:00 pm - 7:00 pm	4:30 pm - 6:30 pm	4:00 pm - 6:00 pm	3:45 pm - 5:45 pm		
Pre-Team Gymnastics	4:30 pm - 6:30 pm	5:00 pm - 7:00 pm	4:30 pm - 6:30 pm	4:00 pm - 6:00 pm	3:45 pm - 5:45 pm	12:45 pm - 2:45 pm	
Cheer Tumbling		By request					

\*\*\* 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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