

# 2018-2019 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](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 Season : **August 27 - December 17 (15 weeks)**
- 2018 Winter Season : **January 7 – March 31 (11 Weeks)**
- 2018 Spring Season : **April 8 – June 23 (11 Weeks)**
- 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>

## Create your own class!

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



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

**JINQIAO GYM (PUDONG):** 158 Guiqiao Lu Near Jinhu Lu 浦东新区桂桥路 158 号 (近金沪路)

**QINGPU GYM (PUXI):** 888 Huaxu Lu, Building 2, 5th floor 青浦区, 中国·梦谷, 华徐公路 888 号 2 号楼, 天台气模馆

# Shanghai Gymnastics Jinqiao 2018 - 2019 Class Schedule

158 Guiqiao Lu Near Jinhu Lu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>RECREATIONAL</b>								
<b>Tumble Tots 3-5 yr old</b>	3:30pm - 4:30pm		3:30pm - 4:30pm		3:40pm - 4:40pm	10:00am - 11:00am  3:30pm - 4:30pm	1:30pm - 2:30pm	Birthday Parties Available Upon Request
<b>Gymnastics 5-8 yr old</b>	4:30pm - 6:00pm  6:00pm - 7:30pm	4:00pm - 5:30pm	4:30pm - 6:00pm  6:00pm - 7:30pm	4:00pm - 5:30pm	4:30pm - 6:00pm	11:00am - 12:30pm  4:00pm - 5:30pm	2:30pm - 4:00pm	
<b>Gymnastics 8-10 yr old</b>	4:00pm - 6:00pm		4:00pm - 6:00pm			10:00am - 12:00pm  12:30pm - 2:30pm	3:00pm - 5:00pm	
<b>Gymnastics 10 yr old +</b>		5:15pm - 7:15pm		5:15pm - 7:15pm		10:00am - 12:00pm  12:30pm - 2:30pm	3:00pm - 5:00pm	
<b>Boys Gymnastics</b>		4:00pm - 5:30pm		4:00pm - 5:30pm	4:30pm - 6:00pm	10:00am - 11:30am		
<b>TEAM</b>								
<b>Gymnastics AUS lvl 2</b>	4:30pm - 6:30pm		4:30pm - 6:30pm					
<b>Gymnastics AUS lvl 3</b>		4:00pm - 7:00pm		4:00pm - 7:00pm				
<b>Gymnastics AUS lvl 4</b>	4:00pm - 7:00pm		4:00pm - 7:00pm		4:00pm - 7:00pm			
<b>Gymnastics AUS lvl 4 +</b>		5:15pm - 8:15pm		5:15pm - 8:15pm		2:30pm - 5:30pm		

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

