

2018-2019 Shanghai Gymnastics Qingpu

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

- 2018 Fall Season : **August 24 - December 17 (15 weeks)**
- 2019 Winter Season : **January 7 – March 31 (11 Weeks)**
- 2019 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

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.

Create your own class!

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



www.shanghaigymnastics.com / 186-2178-1281 / 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): 189 Sisha Road, Building 2, Near Mingzhu Road 青浦徐泾泗沙路189号南面2号楼2楼

Shanghai Gymnastics Jinqiao 2017 Fall Class Schedule

189 Sisha Road, Building 2, Near Mingzhu Road

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
RECREATIONAL								
Tumble Tots 3-5 yr old		4:00pm - 5:00pm		4:00pm - 5:00pm	4:00pm - 5:00pm	10:00am - 11:00am		Birthday Parties Available Upon Request
Gymnastics 5-8 yr old	4:00pm - 5:30pm	5:00pm - 6:30pm	4:00pm - 5:30pm	5:00pm - 6:30pm	4:30pm - 6:00pm	11:00am - 12:30pm		
Gymnastics 8-10 yr old	4:00pm - 6:00pm	5:00pm - 7:00pm	4:00pm - 6:00pm	5:00pm - 7:00pm		12:30pm - 2:30pm		
Gymnastics 10 yr old +		5:00pm - 7:00pm		5:00pm - 7:00pm		12:30pm - 2:30pm		
Boys Gymnastics	6:00pm - 8:00pm		6:00pm - 8:00pm		5:00pm - 6:30pm	10:00am - 11:30am		
Mommy and Me	5:00pm - 6:00pm							
TEAM								
Gymnastics AUS lvl 2		4:00pm - 5:30pm		4:00pm - 5:30pm				
Gymnastics AUS lvl 3	6:00pm - 8:00pm		6:00pm - 8:00pm			2:30pm - 4:30pm		
Gymnastics AUS lvl 4	6:00pm - 8:00pm		6:00pm - 8:00pm			2:30pm - 4:30pm		
Gymnastics AUS lvl 4 +		5:30pm - 8:00pm		5:30pm - 8:00pm		2:30pm - 5:00pm		

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



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