

# 2009/2010 Rec & Competitive Gymnastics and Tumbling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Boys Competitive	Girls Competitive
<p><b>BABY KINDER</b></p> <p>9:15-9:45 <b>Tumble Bugs</b> (Boys &amp; Girls) (Age 2-3)</p> <p><b>GIRLS KINDER</b></p> <p>9:45-10:30 <b>Girls K Level 3</b> (Ages 5-6)</p> <p>10:30-11:15 <b>Girls K Level 2</b> (Ages 4-4)</p> <p>1:00-1:45 <b>Girls K Level 1</b> (Ages 3-4)</p> <p>1:45-2:30 <b>Girls K Level 2</b> (Ages 4-6)</p> <p><b>BOYS KINDER</b></p> <p>9:45-10:30 <b>Boys K Level 1/2</b> (Ages 3+)</p> <p>10:30-11:15 <b>Boys K Level 2</b> (Ages 4-5)</p> <p>11:15-12:15 Home School <b>Boys Rec Adv.</b> (Ages 10+)</p>	<p><b>GIRLS REC</b></p> <p>4:30-5:30 <b>Girls R Beg.</b> (Ages 5-7) (Ages 8+)</p> <p><b>Girls R Int.</b> (Ages 7+)</p> <p>5:30-6:30 <b>Girls R Beg.</b> (Ages 5-7) (Ages 7+)</p> <p>6:30-7:30 <b>Girls R Int.</b> (Ages 8+)</p> <p><b>BOYS REC</b></p> <p>4:30-5:30 <b>Boys R Beg.</b> (Ages 5-7) (Ages 6-9)</p> <p>5:30-6:30 <b>Boys R Beg./Int.</b> (Ages 5-7) (Ages 8+)</p> <p><b>TUMBLING</b></p> <p>7:30-8:30 <b>Adv. Tumbling</b> (Ages 10+)</p> <p>8:00-9:00 <b>Varsity Cheer Tumbling</b></p>	<p><b>BABY KINDER</b></p> <p>9:15-9:45 <b>Tumble Bugs</b> (Boys &amp; Girls) (Ages 2-3)</p> <p>9:45-10:15 <b>Baby Bugs</b> (Boys &amp; Girls) (Ages 1.5-2.5)</p> <p><b>GIRLS KINDER</b></p> <p>10:15-11:00 <b>Girls K Level 1</b> (Age 3)</p> <p>11:00-11:45 <b>Girls K Level 1/2</b> (Age 4)</p> <p>12:45-1:30 <b>Girls K Level 3</b> (Ages 4-6)</p> <p>1:45-2:30 <b>Girls K Level 1</b> (Ages 4-6)</p> <p><b>BOYS KINDER</b></p> <p>9:45-10:30 <b>Boys K Level 1</b> (Ages 3-4)</p> <p>10:30-11:15 <b>Boys K Level 1</b> (Age 3)</p> <p>1:30-2:30 <b>Boys Rec Beg.</b> (Ages 5-7)</p>	<p><b>GIRLS REC</b></p> <p>4:30-5:30 <b>Girls R Beg.</b> (Ages 5-6) (Ages 7+)</p> <p><b>Girls R Beg. II</b> (Ages 5-7) (Ages 7+)</p> <p>5:30-6:30 <b>Girls R Beg.</b> (Ages 5-7) (Ages 7+)</p> <p><b>BOYS REC</b></p> <p>4:30-5:30 <b>Boys R Beg.</b> (Ages 5-7) (Ages 6-9)</p> <p>5:30-6:30 <b>Boys R Beg.</b> (Ages 5-7) (Ages 7+)</p> <p><b>BOYS REC</b></p> <p>4:30-5:30 <b>Boys R Beg.</b> (Age 5-6) (Ages 6+)</p> <p>5:30-6:30 <b>Boys R Beg.</b> (Ages 5-7) (Ages 7+)</p> <p><b>TUMBLING</b></p> <p>8:00-9:00 <b>Junior Varsity Cheer Tumbling</b></p>	<p><b>BABY KINDER</b></p> <p>9:15-9:45 <b>Tumble Bugs</b> (Boys &amp; Girls) (Ages 2-3)</p> <p><b>GIRLS KINDER</b></p> <p>9:45-10:30 <b>Girls K Level 1</b> (Age 3)</p> <p>10:30-11:15 <b>Girls K Level 2</b> (Ages 4-6)</p> <p>1:00-1:45 <b>Girls K Level 2</b> (Ages 4-6)</p> <p>1:45-2:30 <b>Girls K Level 2</b> (Ages 4-6)</p> <p><b>BOYS KINDER</b></p> <p>10:15-11:00 <b>Boys K Level 2/3</b> (Ages 4-5)</p> <p>11:00-11:45 <b>Boys K Level 2</b> (Ages 3-4)</p> <p><b>BOYS KINDER</b></p> <p>10:15-11:00 <b>Boys K Level 2/3</b> (Ages 4-5)</p> <p>11:00-11:45 <b>Boys K Level 2</b> (Ages 3-4)</p> <p><b>TUMBLING</b></p> <p>7:30-8:15 <b>Tumbling &amp; Tramp Beg.</b> (Ages 8+)</p>	<p><b>BABY KINDER</b></p> <p>10:00-10:30 <b>Tumble Bugs</b> (Boys &amp; Girls) (Ages 2-3)</p> <p><b>GIRLS KINDER</b></p> <p>10:30-11:15 <b>Girls K Level 1/2</b> (Age 3)</p> <p><b>BOYS KINDER</b></p> <p>9:45-10:30 <b>Boys K Level 1</b> (Age 4)</p> <p>10:30-11:15 <b>Boys K Level 2/3</b> (Ages 5-6)</p> <p><b>TUMBLING</b></p> <p>10:45-11:30 <b>Beg. Back Handspring</b> (Ages 7+)</p>	<p><b>BOYS PRE-TEAM</b></p> <p>Tuesday 6:30-8:00 p.m. Thursday 6:30-8:00 p.m.</p> <p><b>BOYS LEVELS 4</b></p> <p>Tuesday 5:30-8:30 p.m. Thursday 5:30-8:30 p.m.</p> <p><b>BOYS LEVEL 5</b></p> <p>Monday 5:30-8:30 p.m.* Tuesday 5:30-8:30 p.m. Thursday 5:30-8:30 p.m. Friday 5:30-8:30 p.m.</p> <p><b>BOYS LEVELS 6 &amp; UP</b></p> <p>Monday 5:30-9:00 p.m. Tuesday 5:30-9:00 p.m. Thursday 5:30-9:00 p.m. Friday 5:30-9:00 p.m.</p> <p>* optional day/additional fees apply coach recommendation only</p> <p><b>Ballet Tech. for gymnasts (girls)</b></p> <p><b>USAG 4s,5s</b></p> <p>Friday 4:30-5:15 p.m.</p> <p><b>Optional</b></p> <p>Friday 5:15-6:00 p.m.</p> <p><b>Level 3s</b></p> <p>Friday 6:15-6:45 p.m.</p> <p><b>Level 4s</b></p> <p>Friday 6:45-7:30 p.m.</p> <p><b>USAG 6s</b></p> <p>Friday 7:30-8:15 p.m.</p>	<p><b>GIRLS HOT SHOTS</b></p> <p>Monday 5:30-6:30 p.m. Wednesday 5:30-6:30 p.m. OR Tuesday 1:30-2:30 p.m. Thursday 1:30-2:30 p.m.</p> <p><b>GIRLS EAGLES 3</b></p> <p>Monday 6:30-8:00 p.m. Wednesday 6:30-8:00 p.m. Friday 4:30-6:00 p.m.</p> <p><b>GIRLS EAGLES 4</b></p> <p>Monday 6:30-8:30 p.m. Wednesday 6:30-8:30 p.m. Friday 4:30-6:30 p.m.</p> <p><b>GIRLS USAG 4</b></p> <p>Tuesday 6:30-8:30 p.m. Thursday 6:30-8:30 p.m. Friday 5:30-9:00 p.m.</p> <p><b>GIRLS USAG 5</b></p> <p>Tuesday 6:30-9:00 p.m. Thursday 6:30-9:00 p.m. Friday 5:30-9:00 p.m.</p> <p><b>GIRLS USAG 6</b></p> <p>Tuesday 5:30-8:30 p.m. Wednesday 4:30-6:30 p.m. Thursday 5:30-8:30 p.m. Friday 4:30-7:30 p.m.</p> <p><b>EAGLES Opt.</b></p> <p>Monday 3:00-5:00 p.m. Tuesday 3:00-5:30 p.m. Thursday 3:00-5:30 p.m. Saturday 10:30-2:30 p.m.</p> <p><b>USAG 7+</b></p> <p>Monday 3:00-5:00 p.m. Tuesday 3:00-6:00 p.m. Wednesday 3:30-6:00 p.m.* Thursday 3:00-6:00 p.m. Friday 4:15-5:15 p.m. Saturday 10:30-2:30 p.m.</p> <p>(* no 6/7)</p>

## Tuition rates (8-week session)

Number of hours per week (include both rec gym and dance hours, if applicable)	Tuition cost (per child)
.50	\$75.00
.75	\$87.00
1.0	\$107.00
1.5	\$127.00
2.0	\$150.00
2.5	\$180.00
3.0	\$205.00
3.5	\$228.00
4.0	\$250.00
4.5	\$275.00
5.0	\$290.00
5.5	\$315.00
6.0	\$335.00
6.5	\$350.00

## Competitive gymnastics

For competitive gymnastics rates and other information, please contact the front office at 719.481.8208.

## Registration fees

There is a non-refundable registration fee of \$30.00 for the 1st child. 2nd child is an additional \$30, and 3rd+ child/family rate is \$75.

## Contact us

Please call us at 719.481.8208, visit us at 1450 Cipriani Loop in Monument, email us at [info@thesundancestudio.com](mailto:info@thesundancestudio.com), or visit us online at [www.thesundancestudio.com](http://www.thesundancestudio.com).

This schedule is subject to change without notice.

01/12/10



1450 Cipriani Loop  
Monument, Colorado 80132  
719.481.8208

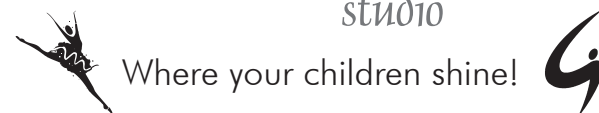


# Class Schedule 2009/2010

## Gymnastics & Tumbling



2009 USAG Level 4 Boys State Champions  
coached by Geoff Corrigan, two time All-American.



## Welcome to SunDance Gymnastics!

Our 15,000 square-foot facility (opened in February 2003 and expanded in August 2005) offers three dance studios and a gym complete with a ground-level tramp, competitive spring floor, uneven bars, balance beams, vault, rings, pommel horse, foam pit, climbing wall, channel pit and two tumble tracks. We offer recreational and competitive gymnastics for both boys and girls, as well as tumbling classes for cheerleaders.

### Kinder

Our Kinder program provides a fun place for kids to explore gymnastic skills, play games, learn movement education, and develop self-confidence. We have Baby Bugs parent/child classes for younger toddlers (18 mo.-2 years), Tumble Bugs classes for older toddlers (2-3 years), and for preschool children (3-6 years), a variety of classes in Levels 1-4, depending on age and ability.

### Recreational

Our Recreational program is for youth ages 5-18. Through these classes, students increase strength, create body awareness, and improve coordination and balance. Our teachers keep the kids active, entertained and challenged, and gymnastic skills create an excellent base for fitness development (for any sport). Our goal is for kids to be excited about gymnastics and to develop a love for the sport.

### Competitive

For those children who wish to compete (beginning at Hot Shots/Pre-Team/Level 4 and continuing through Optionals for Eagles and Levels 7+ for USAG). Boys compete USAG Levels 4 through 10. Meets are held in the fall (USAG) and spring (Eagles) at various clubs throughout Colorado Springs and Denver.

### Boys

Boys classes are available within the Kinder, Recreational and Competitive Programs.

Our gymnastics program is run by SunDance owners Steve and Kathy Clowes, and SunDance is proud to have many wonderful and talented instructors who have years of experience teaching both children and adults.

Please feel free to stop by the Studio for more information or for a tour of our facility. If you would like to have your child evaluated for placement into our program, please call us for an appointment at 719.481.8208

## The Many Benefits of Gymnastics

Gymnastics is one of the most comprehensive "lifestyle exercise programs" available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline.

### Educational benefits

Children who participate in gymnastics/movement education activities have longer attention spans, increased communication skills, general problem-solving skills and improved self-esteem.

### Physical health benefits

Healthy activities like gymnastics keep children off the couch and engaged in a healthy lifestyle, and active children are more likely to grow up to become active, healthy adults.

Participation in gymnastics also helps athletes become more flexible. Baseball players, basketball players, football and soccer players all benefit from increased flexibility, and gymnastics builds flexibility better than any other sport. In addition, flexibility helps limit injuries.

And studies show that resistance training, an important facet of gymnastics, improves joint health, maintains muscular development and improves cardiovascular fitness.

### Emotional health benefits

Studies show that the more time children ages 10 to 16 spend being active, the higher their self-efficacy and self-esteem.

In addition, statistics show that children who actively engage in organized "positive choice" extra-curricular activities such as youth sports are less likely to be involved in self-destructive and anti-social behavior and juvenile crime. These youths also have better school attendance rates, lower anxiety and depression, and decreased use of drugs, tobacco and alcohol.

### Social benefits

Gymnastics provides children with an opportunity to meet with friends, make new friends and have fun!

Where else can you fly through the air, swing, jump, flip, vault, bounce and twist?

At SunDance, of course!