

## **Champion Gymnastics USA**

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### **School Year 2019-2020**

**Starts Sept 3<sup>rd</sup> Ends May 23<sup>rd</sup> 2020**

**Closed Dec 23 to Jan 5<sup>th</sup>.**

### **Smart Gym!**

Our smart gym program is a developmental preschool gymnastics Program designed for children from ages 18 months to 5 years old. Age groups divide the classes.

**Mommy and Me** is a class designed for children from ages 18 months to 3 years old. Parents will be involved in this class with your child. This class is 45 minutes long and meets upstairs in our preschool gym.

Mon 10:20 AM Kelly

Mon 5:45 PM Janel

Tues 10:35 AM Kelly

Weds 6:00 PM Janel

Thurs 10:20 AM Janel

Thurs 5:30 PM Kelly

**Wee Bees** is a class designed for 3 year olds. This class is 45 minutes long and meets upstairs in our preschool gym.

Mon 9:30 AM Kelly

Mon 5:00 PM Janel

Tues 11:20 AM Kelly

Thurs 9:30 AM Janel

Thurs 6:15 PM Kelly

**Busy Bees** is a class designed for 4 year olds. This class is 55 minutes long and meets upstairs in our preschool gym.

Mon 11:10 AM Kelly

Mon 6:30 PM Janel

Tues 9:30 AM Kelly

Tues 6:00 PM Janel

Thurs 11:10 AM Janel

Thurs 4:30 PM Kelly

**Kinder Bees** is a class designed for 5-6 year olds that in/or entering Kindergarten. This class is 55 minutes long and meets in our preschool gym.

Mon 4:00 PM Janel

Tues 7:00 PM Janel

Thurs 7:00 PM Kelly

Sat 10:30 AM Zoey

**Level One.** This class teaches introductory gymnastics for ages 6 and up. This is the perfect class for girls with little or no prior gymnastics experience. Level one class meets in the main gym and is offered in 55 and 85 minutes long classes.

Mon 4:30 PM Kate

Mon 7:30 PM Kate

Tues 4:30 PM Kate

Tues 5:30 PM Rachael

Weds 4:30 PM Kate

Thurs 5:30 PM Noelle

Fri 4:30 PM Kate (1.5 hour class)

Sat 9:30 AM Zoey

**Level Two.** This class is the next step for girls that have completed Level One. You must have passed level one or have staff recommendation to enroll in this class. This class is 55 minutes long and meets in our main gym.

Mon 5:30 PM Kate

Mon 6:30 PM Kate

Tues 6:30 PM Kate

Weds 5:30 PM Kate

Thurs 4:30 PM Kate

Sat 11:30 AM Zoey

**Level Three.** This class is the next step for girls that have completed Level Two. This class is offered in 55, 85 and 115 minute classes and meets in the main gym.

Tues 5:30 PM Kate

Weds 6:30 - 8:25 PM Kate

### **Level Three/Four**

This class is perfect for the more advance level 3 students or intro level 4 students. Classes are 115 minutes long.

Thurs 6:30 PM -8:25 PM Kate

**Level Four.** This class is for students that have completed all the requirements of Level Three. This class is only offered in a 2 hour format and meets in the main gym.

Tues 6:30 PM-8:25 PM Rachael

**Tramp and Conditioning Class.** This class is for students working on tumbling. Core strength is worked in the class as well. This class is 55 minutes long and meets in the main gym.

Tues 7:30 PM Kate

**Boy's Only** class. This class is designed for boys ages 6 and up. The class works on teaching basic gymnastics and strength and fitness to boys. This class is 55 minutes long and meets in the main gym.

Mon 7:30 PM Janel

8.8.19

Many classes will have more than one instructor.