



Youth Fitness Bump City Style
1 Hour/week - \$40/month

Class held In the
Bump City Building

Wednesday

7:00

PRESCRIPTION & BACK-HANDSPRING CLINICS
Just what the doctor (coach) ordered!!

Weekly clinics designed to supplement and enhance skills being taught in our classes and are a great opportunity for extra practice.
1 Hour Clinics - Open to the Public - Ages 5 & up

Description	WED	SAT	Members: \$8.00/person per clinic Non-Members: \$13.00/person per clinic
Bar & Beam Clinic		10:30	
Back Handspring Clinic	9:00	11:45	

Non-members must have release waiver signed by parent or legal guardian to participate.

DRAGON HAPKIDO

1 hour/2x week - \$89/Month - Bump City Building

CLASS	TUES	THURS	FRI	SAT
PRESKILL AGES 3-6 YRS	5:45	5:45		
BLACK BELT PROGRAM AGES 7-14 YRS	7:00	7:00	5:45	10:00
ADULT CLASS 15 YRS & UP			7:00	11:00

Xtreme Martial Arts

1 hour/week - \$59/Month - Bump City Building

CLASS	MON			
AGES 6-12 YRS	4:45*			
AGES 13 YRS - ADULT	7:00			

GAGE CENTER RESERVES THE RIGHT TO COMBINE OR CANCEL CLASSES IF MINIMUM ENROLLMENT IS NOT MET.

**GAGE CENTER - THE HOME OF
CHILDREN'S HEALTH & FITNESS**



DRAGONFLY PRESCHOOL GYMNASTICS
CLASSES HELD IN THE BUMP CITY BUILDING

Ages walking to 3 yrs - 45 min/week - \$52/Month

Parent/Tot	MON	TUES	WED	THUR	SAT
	9:30	7:05			9:30

Ages 3-4 years - 1 hour/week - \$59/Month

DRAGONFLY Girls & Boys	10:30* 5:50 7:05	5:50 7:05	5:50 7:05	9:30* 5:50	9:15
DRAGONFLY Boys Only	Class held in Dragon Bldg.		3:15*		

Invitation Only - 1 hr/2X a wk (Mon/Wed or Mon/Thu) \$89/Month

ADV. DRAGONFLY Girls Only	10:30*	5:45		10:30* 5:45	
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GIRLS RECREATIONAL GYMNASTICS

1 hour/week - \$59/Month

GIRLS	MON	TUES	WED	THUR
SNAP DRAGONS AGES 5-6	5:45	5:45 7:00	4:30*	
GIRLS REC	5:45	5:45	5:45 7:00	5:45 7:00
HOME-SCHOOL	CO-ED AGES 5 & UP		2:00*	

Invitation Only - 1 hr/2X a wk (Mon/Wed or Tue/Thu) \$89/Month

GIRLS ADVANCED		7:00		7:00
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***AFTERNOON CLASS SPECIAL PRICING APPLIES. NO ADDITIONAL DISCOUNTS.**

FIFTEEN (15) MINUTES IS ADDED AFTER EACH CLASS TO GIVE THE COACHES THE OPPORTUNITY TO WALK THE STUDENTS OUT AND BE AVAILABLE TO MEET THE PARENTS AND TO TALK BRIEFLY ABOUT THE CLASS.

WWW.GAGECENTER.COM | 816.228.7775



BOYS RECREATIONAL GYMNASTICS

1 hour/week - \$59/Month

BOYS	MON	TUES	WED	THUR
BOYS AGES 5-9	7:00	7:00	5:45 7:00	
BOYS AGES 10 & UP	7:00			

FLIP FLOP CLASSES - Girls & Boys Ages 5 & up

Level 1-3 1 hour/week - \$52/Month | Level 4-5 90 min/wk - \$65/month

TUMBLING	MON	TUE	WED	FRI	SAT	Will work on:
Level 1	7:00					Front/back walkovers & rolls Roundoff, backbend
Level 2	5:45		7:00	5:30	9:00 12:00	Standing backhandspring Roundoff backhandsprings Roundoff (3) backhandsprings
Level 3	8:00		8:00	5:30	11:00 12:00	Toe Touch backhandspring Roundoff back tuck Standing (3) backhandsprings
Level 4		7:30				Standing back tuck Roundoff bkhandspring layout
Level 5	7:30					Punch front Roundoff bkhandspring full

CHEER CLASSES & RECREATIONAL TEAMS

1 hour/week - \$59/Month

CHEER	Description	MON	WED	THURS
Co-ED STUNT CLASS	AGES 10-18 YEARS	6:00		
CHEERLEADING CLASS	AGES 5 & UP			6:00
CHEER 101 - 14-18 YRS	WORK ON SKILLS NEEDED TO MAKE THE HIGH SCHOOL CHEER TEAMS/VARSITY OR JUST WORK ON NEEDED SKILLS.		7:00	
REC TEAM - 3-8 YEARS	RECREATIONAL TEAMS - NO EXPERIENCE REQUIRED FOCUS ON LEVEL 1-2 DEVELOPMENT.		6:00	
REC TEAM - 9-14 YEARS	LOCAL PERFORMANCES			7:00

*AFTERNOON CLASS SPECIAL PRICING APPLIES. NO ADDITIONAL DISCOUNTS.



SEA DRAGON SWIM SCHOOL (April - November)

40 minute class/week - \$59/Month

SWIM	TUE	WED	THURS	SAT.
6 MONTH-2 YEARS PARENT WITH CHILD			7:00 PM	9:30 AM
3-5 YEAR OLDS	5:30 PM 6:15 PM 7:00 PM	5:30 PM 6:15 PM 7:00 PM	SEA DRAGON SWIM CLASSES KEEP A 5:1 STUDENT/ TEACHER RATIO	9:30 AM 10:15 AM 11:00 AM
6-12 YEAR OLDS BEGINNERS	5:30 PM 6:15 PM 7:00 PM	5:30 PM 6:15 PM 7:00 PM	PARENT PARTICIPATION	10:15 AM 11:00 AM
6-12 YEAR OLDS INTERMEDIATE/ADV	5:30 PM 6:15 PM 7:00 PM	5:30 PM 6:15 PM 7:00 PM	SWIM CLASSES ARE 8:1 STUDENT/ TEACHER RATIO	10:15 AM 11:00 AM

Water Gear - It is **MANDATORY** that parents equip ALL non-potty trained children (learners too) in Swim Diapers, as accidents in a pool can be a very costly event. **DO NOT SUBSTITUTE** plastic training pants or regular diapers of any kind. Use **ONLY** the disposable diapers designated specifically for pool use such as Huggies "Little Swimmers" or Luvs "Splash Wear".

GAGE CENTER RESERVES THE RIGHT TO COMBINE OR CANCEL CLASSES IF MINIMUM ENROLLMENT IS NOT MET.

SILVER DRAGON RECREATIONAL COMPETITIVE TEAM

Level 2 - 1 hour/twice a week (Mon/Wed or Tue/Thur) - \$89/Month

Level 3 - Invitation Only - 2 hours/twice a week - \$119/Month

	MON	TUES	WED	THUR
LEVEL 2	5:45 7:00	4:00*	5:45 7:00	4:00*
LEVEL 3 Invitation only	4:00*	5:30	4:00*	5:30

- ALL CLASSES HAVE A STRICT STUDENT/TEACHER RATIO.
- CLASSES ARE AVAILABLE ON A FIRST COME BASIS.
- FULL PAYMENT IS REQUIRED TO HOLD A SPOT IN ANY CLASS.
- MONTHLY FEES DO NOT INCLUDE THE ANNUAL FAMILY REGISTRATION FEE.
- ALL STUDENTS MUST HAVE A REGISTRATION FORM SIGNED BY A PARENT TO PARTICIPATE.

