

### Tot Trot (15 months-3 yrs)

Interact with your child in an Exploratorium of fun and discovery. Learn basic motor skills as well as social interaction with others. Activities include obstacle course, airtrack, foam pit and other gymnastics apparatus. **Parent must attend.**

**No class 11/28, 11/29, 11/30.**

*Location: Cary Gymnastics, 600 Industrial Drive, Cary*

Code:	Day	Date(s):	Time:	Fee:
3601	Tue	9/3-10/29	9:15-10:00am	\$124
3602	Wed	9/4-10/30	9:15-10:00am	\$124
3603	Wed	9/4-10/30	5:15-6:00pm	\$124
3604	Thu	9/5-10/31	9:15-10:00am	\$124
3605	Fri	9/6-10/25	9:15-10:00am	\$110
3606	Sat	9/7-10/26	9:15-10:00am	\$110
3607	Tue	11/5-12/17	9:15-10:00am	\$96
3608	Wed	11/6-12/18	9:15-10:00am	\$96
3609	Wed	11/6-12/18	5:15-6:00pm	\$96
3610	Thu	11/7-12/19	9:15-10:00am	\$83
3611	Fri	11/1-12/20	9:15-10:00am	\$96
3612	Sat	11/2-12/21	9:15-10:00am	\$96

### Gym Kats (3-4 yrs)

This class gives instruction on basic skills as well as teaching social interaction with others. Explore a variety of gymnastics stations while gaining confidence and trying new things.

**Without parent. No class 11/28, 11/29, 11/30.**

*Location: Cary Gymnastics, 600 Industrial Drive, Cary*

*Limit: 1/10*

Code:	Day	Date(s):	Time:	Fee:
3613	Tue	9/3-10/29	9:15-10:00am	\$140
3614	Wed	9/4-10/30	9:15-10:00am	\$140
3615	Wed	9/4-10/30	1:00-1:45pm	\$140
3616	Wed	9/4-10/30	5:15-6:00pm	\$140
3617	Thu	9/5-10/31	9:15-10:00am	\$140
3618	Thu	9/5-10/31	1:00-1:45 pm	\$140
3619	Fri	9/6-10/25	9:15-10:00am	\$124
3620	Sat	9/7-10/26	9:15-10:00am	\$124
3621	Tue	11/5-12/17	9:15-10:00am	\$109
3622	Wed	11/6-12/18	9:15-10:00am	\$109
3623	Wed	11/6-12/18	1:00-1:45pm	\$109
3624	Wed	11/6-12/18	5:15-6:00pm	\$109
3625	Thu	11/7-12/19	9:15-10:00am	\$93
3626	Thu	11/7-12/19	1:00-1:45pm	\$93
3627	Fri	11/1-12/20	9:15-10:00am	\$109
3628	Sat	11/2-12/21	9:15-10:00am	\$109

### American Ninja Warrior (AM: 4-5 yrs; PM 5-12 yrs)

American Ninja Warrior is a fun fitness-training program for kids. Using our unique facility and equipment, children will be challenged with a variety of activities every week (boys/girls).



**No class 11/28.**

*Location: Cary Gymnastics, 600 Industrial Drive, Cary*

Code:	Day	Date(s):	Time:	Fee:
3635	Tue	9/3-10/29	10:00-10:45am	\$140
3636	Tue	9/3-10/29	4:30-5:15pm	\$140
3637	Thu	9/5-10/24	4:30-5:15pm	\$124
3638	Tue	11/5-12/17	10:00-10:45am	\$109
3639	Tue	11/5-12/17	4:30-5:15pm	\$109
3640	Thu	11/7-12/19	4:30-5:15pm	\$93

### Mini-Tumbling (5-7 yrs)

Designed for cheerleaders and gymnasts who want to improve their tumbling skills. Proper progression and body shaping will be emphasized to develop strong tumblers. Instruction will be given from beginner through intermediate tumbling skills (boys/girls). **No class 11/28, 11/30.**

*Location: Cary Gymnastics, 600 Industrial Drive, Cary*

*Limit: 1/10*

Code:	Day	Date(s):	Time:	Fee:
3641	Wed	9/4-10/30	6:00-7:00pm	\$150
3642	Wed	11/6-12/18	6:00-7:00pm	\$117

### Tumbling (7+ yrs)

Designed for cheerleaders and gymnasts who want to improve their tumbling skills. Proper progression and body shaping will be emphasized to develop strong tumblers. Instruction will be given on progression leading up to and beyond back handsprings (flip flops) (boys/girls). **No class 11/28, 11/30.**

*Location: Cary Gymnastics, 600 Industrial Drive, Cary*

*Limit: 1/10*

Code:	Day	Date(s):	Time:	Fee:
3629	Wed	9/4-10/30	6:00-7:00pm	\$150
3630	Thu	9/5-10/24	6:15-7:15pm	\$134
3631	Sat	9/7-10/26	11:00am-12:00pm	\$134
3632	Wed	11/6-12/18	6:00-7:00pm	\$117
3633	Thu	11/7-12/19	6:15-7:15pm	\$101
3634	Sat	11/2-12/21	11:00am-12:00pm	\$117