

GYMNASTICS

Cypress, TX 77433 281-469-4599

16710 House & Hahl Rd.

www.CypressAcademy.com

SCHEDULE WE ARE A YEAR ROUND PROGRAM!

| WEAREA TEAR ROUND PROGRAM: | | | | | | | | | | | |
|----------------------------|-----------------------------------|----------------------------|--------------|--------------|--------------|--------------|------|-------|--|--|--|
| | TUITION | AUTO- DRAFT DISCOUNT | MON | TUE | WED | THUR | FRI | SAT | | | |
| | | | | | 9:20 | 9:20 | | 9:10 | | | |
| | | | 10:20 | 10:20 | 10:20 | 10:20 | | 10:15 | | | |
| | | | 10.20 | 10.20 | | | | | | | |
| TUMBLING TOTS | | | | | 11:20 | 11:20 | | 11:20 | | | |
| (walking – 36 months) | \$116.00 | \$110.00 | | | | | | | | | |
| 50 minutes/wk | | | 4:35 | 4:35 | 4:35 | 4:35 | 4:35 | | | | |
| | | | 5:40 | 5:40 | 5:40 | 5:40 | 5:40 | | | | |
| | | | 6:50 | 6:50 | 6:50 | 6:50 | 6:50 | | | | |
| | | | | | | | 0.00 | 0.05 | | | |
| PPE COLLOCA | | | 9:15 | 9:15 | 9:15 | 9:15 | | 9:05 | | | |
| PRE-SCHOOL | | | 10:15 | 10:15 | 10:15 | 10:15 | | 10:10 | | | |
| (3 yr. old - Pre K) | \$116.00 | \$110.00 | 11:15 | 11:15 | 11:15 | 11:15 | | 11:15 | | | |
| 1 hr/wk | | | | 3:20 | | 3:20 | | | | | |
| | | | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | | | | |
| | Times n | nay vary | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | | | | |
| | for selec | | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | | | | |
| STARZ | | | | | | | | | | | |
| (Kindergarten & up) | | | | | | | | | | | |
| 1 hr/wk | | | | 3:20 | | 3:20 | | | | | |
| GIRLS REC | \$116.00 | \$110.00 | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | 9:05 | | | |
| (Second grade & Up) | | | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | 10:10 | | | |
| 1 hr/wk | | | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | 11:15 | | | |
| STARBURST | | | 7:50 | | | 7:50 | | | | | |
| FIRECRACKER | Timos n | aay yang | | | | | | | | | |
| ROCKETS | Times may vary for select classes | | | | | | | | | | |
| DYNAMITES | | | | | | | | | | | |
| BOYS REC | | | | | | | | | | | |
| (Kindergarten & up) | | | | | | | | | | | |
| 1 hr/wk | \$116.00 | \$110.00 | | | | | | | | | |
| COPPER | | | | | | 3:20 | | | | | |
| CHROME | | | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | 9:05 | | | |
| STEEL (Invite) | | 1 | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | 10:10 | | | |
| IRON | Times n | nay vary | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | 11:15 | | | |
| PLATINUM | for selec | | | | | | | | | | |
| TITANIUM | | | | | | | | | | | |
| | | • | | l Gymnastics | | 1 | ı | 1 | | | |
| Novas | | | 5:30 | 5:30 | 5:30 | 5:30 | | | | | |
| 1 hr 10 mins | \$195.00 | \$185.00 | 6:40 | 6:40 | 6:40 | 6:40 | | | | | |
| Supernovas | φ193.00 | φ105.00 | 4:25 5:30 | 5:30 | 4:25 5:30 | | 5:30 | | | | |
| 1 hr 10 mins | | | 3.55 | 0.00 | 3.00 | | 0.00 | | | | |
| Comets | \$285.00 | \$275.00 | | 6:40 | | 6:40 | | | | | |
| Boys League | \$165.00 | \$155.00 | | 6:45 | 5:45 | 7:00 | 5:40 | | | | |
| | | | L ONE HOU | | | | | - | | | |
| | ANT A | DITIONA | L ONE HOU | N CLASS IS | 3 JUSI 300 | J.UU PER IVI | | | | | |



REGISTRATION

\$40.00 1st child \$30.00 2nd child \$20.00 3rd child

Includes a FREE T-shirt (Or \$20 for a *Registration* leotard instead of a

MAKE-UPS

Gymnasts may do make-ups for any missed classes. Please call ahead or see the office to reserve your spot in any available day and time. Students may also do makeups in other programs!

FAMILY DISCOUNTS

10% off 2nd child's first class 30% off 3rd child's first class



TUMBLING



SCHEDULE

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|--------------|----------|-------------------|-----------|------------|--------------|----------|------|----------|
| | TUITION | DRAFT DISCOUNT | MON | TUE | WED | THUR | FRI | SAT |
| INTRO TO | | | | | | | | 9:05 |
| TUMBLING | | | | 3:20 | | | | 10:10 |
| 5 and up | \$116.00 | \$110.00 | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | 11:15 |
| 1 hr/wk | | | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | |
| | | ļ ļ | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | |
| | | | | 7:50 | | 7:50 | | <u> </u> |
| INTERMEDIATE | | | | 3:20 | | | | 9:05 |
| TUMBLING | | | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | 10:10 |
| 5 and up | \$116.00 | \$110.00 | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | 11:15 |
| 1 hr/wk | | | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | 11.13 |
| | | | | | | | | |
| ACCELERATED | | | | 3:20 | | | | |
| TUMBLING | | | 4:30 | 4:30 | 4:30 | 4:30 | 4:30 | 10:10 |
| 5 and up | \$116.00 | \$110.00 | 5:35 | 5:35 | 5:35 | 5:35 | 5:35 | 11:15 |
| 1 hr/wk | | | 6:45 | 6:45 | 6:45 | 6:45 | 6:45 | |
| | | | | 7:50 | | | | |
| | | | | 3:20 | | | | |
| ADVANCED | \$116.00 | \$110.00 | | 4:30 | | 4:30 | | |
| TUMBLING | \$116.00 | \$110.00 | 5:35 | 5:35 | | 5:35 | 5:35 | 10:10 |
| 5 and up | | | | 6:45 | 6:45 | 6:45 | | |
| 1 hr/wk | | | 7:50 | | 7:50 | 7:50 | | |
| | ANY ADI | DITIONAL (| ONE HOUR | CLASS IS J | UST \$60.00 | PER MON | NTH | |

<u>Intro to Tumbling:</u> Forward roll, backward roll, kick handstand, side cartwheel, skip cartwheel, skip round-off, beginning standing back-handspring ("Flip Flop"), bridge-up with leg lift.

<u>Intermediate Tumbling:</u> Side cartwheel, skip round-off rebound, handstand snap-down, standing back handspring (with spot), beginning round-off back-handspring (with spot), kick handstand hold (3 seconds), bridge kick over.

Accelerated Tumbling: Standing back-handspring with light spot, round-off back-handspring.

Advanced Tumbling: RO, multiple Flip-flops, RO flip-flop back tuck, punch front.

Elite Tumbling: Flip-flop layout, full, double full, punch front step-out.



