

Open Gyms

- *No open gyms during the summer months.**
- *Gym Memberships & Pre-Registration not required.**
- *A waiver must be on file for everyone participating.**
- *Payment must be paid at the beginning of each open gym.**
- *No sibling discounts for open gyms.**

Pre-teen & Teenage Open Gyms- Wednesday 7:30-8:30/Cost \$10

- *Only offered February, March, and April yearly.**
- *A Coach will lead stretches and discuss with the ones that come if they want to work on their own or need some guidance.**

6 Years & Under Open Gym- Saturday 12:00-1:00/Cost \$5

- *Adult Supervision is required at all times.**
- *We will have fun obstacle courses ready for the little ones to practice on.**

Open Gym- Saturday 1:00-3:00/Cost \$10

- *All levels are welcome. Children 6 years of age and up.**
- *This is great for the child who is currently enrolled but wants extra practice.**
- *The first half will be structured stretches and warmups then the children will be allowed some free time in the gym to practice on their own or play.**
- *Enrolled students are welcome to bring their friends but please make sure they have a signed waiver with them or already on file.**