



2017-18 CLASS SCHEDULE



**CHECK OUT OUR AWESOME NINJA WARRIOR TRAINING CENTER and
OUR NEW FOAM PITS!!!**

TADPOLES: Parent & Tot Gymnastics Classes (ages 15 months to 3 years)
Tuesday 5:45-6:30 Thursday 1:15-2:00/ 5:45-6:30 Saturday 9:15-10:00am

LITTLE LEAPERS: Preschool Gymnastics Classes (Ages 3 ½ – 6 years)
Mon/Weds 4:30-5:30 Tues/Thurs 5:30-6:30 Thurs 1-2:00 Saturday 9-10:00/ 10-11:00 am
Daytime (M-F 9-3:00am) group classes for 5 or more students are available upon request and will receive a 30% discount

FROG BRIDGERS: Intro thru Beginner Level Gymnastics Classes (Ages 5-10)
Monday-Friday (INTRO) 4:30-5:30 Mon, Weds or Fri 5:30-6:30 / 6:30-7:30pm (ages 9 & up)
Thurs 1-2:00 (HOMESCHOOL-ages 3 & older) Saturday 10:00-11:00am (INTRO)/ 11-12:00

ADVANCED FROG BRIDGERS: For older (ages 11+) or more advanced young students (ages 6 & up)
Monday, Weds or Friday 6:30-8 Tues/Thurs 4:30-6 (younger) Saturday 11:00-12:30

NINJA TRAINING CENTER: Work on the skills needed to become the next American Ninja Warrior!
We have a specially designed strength building ninja training center with a variety of obstacles ranging from challenging to ultra challenging appropriate for youth & adults.

Ninja Training Classes: Ages 5-7 years: Monday, Weds, Friday 4:30-5:30
Ages 8-14: Monday- Friday 5:30-6:30 Saturday 9:00-10 am/ 10-11:00 am
TUESDAY 6:30-7:30 Ninja Skills Testing (\$10) HOMESCHOOL Thurs 2-3:00

Open Ninja Gym: for ages 14 & up and youth members enrolled in a Ninja class. Youth under 9 must be accompanied by an adult unless prior approval by office has been attained. Wednesdays & Fridays 6:30-7:30/ Saturdays 11:00am-12:00
Registered members \$10/ non-members \$15 *Discount Punch-cards available to members: 10 punches \$70/ 5 punches \$40*

CHEER TUMBLING: Learn the basic thru advanced tumbling skills needed for competitive cheer from cartwheels to double fulls. (Ages 7 & up) *Group or private times and rates available upon request.*

OPEN GYM: Work on the events and skills that you are interested in under the guidance of our professional staff.
Wednesdays & Fridays 7:30-8:30 *Registered members \$10 and member guests /non-members \$15*

GIRLS USAG & AAU TEAM LEVELS 1-9 & XCEL: Ages 5 & up. Schedules and rates available upon request.

GYMNASTICS OR NINJA BIRTHDAY PARTIES: Let your guests "BOUNCE" off of our walls!
Includes supervised fun gymnastics or Ninja Gym circuits and age appropriate games.
2- HOUR PARTY for 10 guests. \$200 MEMBERS /\$240 NON- MEMBERS(\$10 per each extra guest

FIELD TRIPS: We have special field trip rates for your group. Much like a gymnastics/ ninja birthday party, guests will be supervised through fun obstacle courses that will boost their self-confidence and build memories that will last a lifetime. Great for school groups, athletic teams and scouts.

FOR MORE INFO e-mail us at fbgymnastics@sbcglobal.net
Call- (860) 450-7001
REGISTER ONLINE AT www.frogbridgegymnastics.com

730 WINDHAM ROAD, UNIT 7, SOUTH WINDHAM, CT (860) 450-7001

FROG BRIDGE GYMNASTICS & NINJA

2017-18 SESSIONS & RATES



RATES PER
8-WEEK SESSION
 1 hour classes \$150
 1.5 hour classes \$196
SPLIT PAYMENT
OPTIONS AVAILABLE

**10%
sibling
discount!**

**\$40
registration
fee per year**

- Session 1: Sept. 5- Oct. 30th (no class Halloween 10/31)
- Session 2: Nov. 1- Jan. 8th (no class 11/22- 11/26 & 12/24- 1/1)
- Session 3: Jan. 9- March 5th
- Session 4: March 6- April 30th
- Session 5: May 1- June 25th (no class 5/28)

ON-GOING ENROLLMENT! REGISTER ANYTIME!!!

FULL YEAR DISCOUNTS
 YEARLY PAYMENTS RECEIVED BY AUG 15th- **10% discount**
 3 FULL SESSION PAYMENTS RECEIVED PRIOR TO STARTING - **7% discount**
 2 FULL SESSION PAYMENTS RECEIVED PRIOR TO STARTING - **5% discount**
 Please e-mail or call for discounted rates

HUGE DISCOUNTS WHEN YOU TAKE MULTIPLE CLASSES EACH WEEK

	30 % discount		40% discount		50% discount			
	1 x weekly	2 split	2 x weekly	2 split	3 x weekly	2 split	4 x weekly	2 split
1 hour	\$150	\$75	\$210	\$105	\$270	\$135	\$300	\$150
1.5 hour	\$196	\$98	\$274	\$137	\$352	\$176	\$392	\$196
Ninja Class	\$140	\$70	\$196	\$98	\$252	\$126	\$280	\$140

This rate chart is based on an 8 week session.