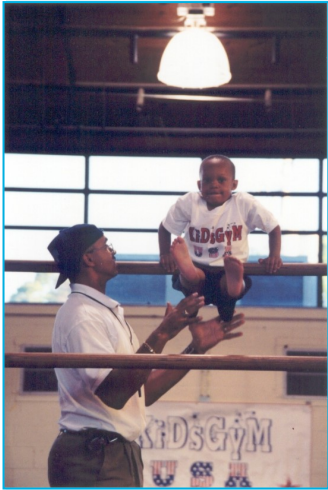


WHERE STRONG, HEALTHY BODIES



*"KiDsGyM USA is important for nation building because it gets our kids in shape...to me it's absolutely essential."*

-Arnold Schwarzenegger



*"Your generosity and willingness to serve others merits the highest praise, and I am pleased to recognize KiDsGyM USA as the 506th Daily Point of Light for the Nation."*

-Former President George Bush

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P. O. Box 491414

College Park, GA 30349

Tel: 770.306.0389

[www.kidsgymusa.org](http://www.kidsgymusa.org)

**WINTER**

Registration

Is ONLINE

Go to

[www.kidsgymusa.org](http://www.kidsgymusa.org)

And Click on

'Registration is Open'

Do it today!

JAN 4—MAR 6

9 Week Session

Conley Recreation Center

3636 College St.

College Park, GA 30337

770.306.0389

# What is KidsgymUSA

- **KiDsGyM USA** is a gymnastics, motor development and physical fitness program for boys and girls!
- **KiDsGyM USA** teaches gymnastics in a fun and stimulating environment!
- **KiDsGyM USA** gives kids a feeling of competence that leads to a cycle of success!

## Participation in KiDsGyM USA Programs:

- builds confidence and high levels of self-esteem
- builds basic body awareness skills which are building blocks for all sports.
- has a profound and lasting effect on brain growth and development
- provides the most effective way to build physical, social, emotional and intellectual skills of children.
- lays the foundation for academic achievement.

## Programs

**Wiggle Worms:** A parent-tot program for 1 to 3 year olds focusing on motivation, parent education, and the mastery of simple “tricks” that leads to peer and adult reinforcement for exercise.

**Mighty Mites:** Exposing 3 and 4 year olds to a variety of movement challenges. The overall goal is to prepare children socially, emotionally, cognitively and physically.

**Super Mites/ DynoMites:** 5 and 6 year olds build confidence in their physical abilities thru learning the fundamentals of gymnastics. Exposing them to AAU Levels 1, 2, & 3.

**Boys:** 5 yrs. and up build athletic prowess thru gymnastics; emphasizing tumbling and trampolining.

# WE'RE BACK

## JAN 4 THRU MAR 6

### GENERAL REGISTRATION POLICY

This fee is payable once per person, per activity, per calendar year. You must attend only the day and time that you are registered. Classes will not be prorated for any student.

### NO MAKE UP POLICY

There is a NO MAKE UP POLICY. If a class is cancelled due to any unforeseen circumstances i.e. power outage, loss of water or weather the class **will not** be made up. **If you know that your child will miss, contact KiDsGyM office (770-306-0389) in advance & we will make every effort to accommodate you.**

### CLASS CANCELLATION

A class may be cancelled if there are less than 5 students registered. *If a class is cancelled due to a holiday there will be a fee adjustment.*

### CLASS ATTIRE

All participants should wear either a leotard or appropriate clothing such as gym shorts, spandex with t-shirts. Please no shorts with zippers or buttons, blue jeans/slacks or belts. Hair should be out of the face. Feet should be bare.

### GYM RULES

Only registered participants are allowed on the equipment! No one is allowed on the equipment without an instructor. No running in the gym! No food or drinks allowed in the gym. It is important to arrive for class early. Every child needs to warm up at the beginning of class which will prevent injuries.

# WINTER 2021 Schedule

## Wiggle Worms (ages 12 months – 3 yrs.)

Wednesday	3:00-3:45	\$121.50
Saturday	9:00-9:45	\$ 94.50
Saturday	10:00-10:45	\$ 94.50

## Mighty Mites (ages 3– 4 years)

Monday	3:00-4:00 **		
Tuesday	3:00-4:00	4:15-5:15	5:30-6:30
Wednesday	3:00-4:00	4:15-5:15	
Thursday	3:00-4:00	4:15-5:15	5:30-6:30
Friday	1:00-2:00	2:30-3:30	
Saturday	11:00-12:00	12:15-1:15**	

## Super Mites & DynoMites (ages 5-6.5 YRS)

Monday	3:00-4:00 **		
Tuesday	3:00-4:00	4:15-5:15	5:30-6:30
Wednesday	3:00-4:00	4:15-5:15	
Thursday	3:00-4:00	4:15-5:15	5:30-6:30
Friday	1:00-2:00	2:30-3:30	
Saturday	11:00-12:00	12:15-1:15**	

**Dynos \*Tuesday 4:15-5:15**

**Dynos \*Thursday 4:15-5:15**

## Boys (ages 5 & up) \$162

Monday	3:00-4:00
Saturday	12:15– 1:15 **

**\*\*In this session there are only 7 Sat. and 8 Mondays. Fees for Sat. are \$126 for the session. Fees for Mon. are \$144.**