

ROWLAND/BALLARD - ATASCOCITA

PRESCHOOL GYMNASTICS

General Manager: Dena Campbell (Safety Certified)

The proper foundation for great fun and awesome gymnastics begins at Rowland/Ballard. R/B provides gymnastics instruction in all Olympic events for boys and girls. Our gymnastics program is based on a proven progressive training system with set skills designed for each level. Our state-of-the-art facility is loaded with great equipment and professionally trained staff. Our coaches strive to maximize the benefits for each child by balancing all the elements of enjoyment, discipline, and increased self-esteem right along with skill development. We have been teaching children gymnastics for over 40 years!

CLASS RATIO: 55 Minute classes are divided by age / ability level with a maximum student-coach ratio of 6-1

CLASS REGISTRATION: All students must register through our online PARENT PORTAL. The registration fee covers each student's participation in all Rowland/Ballard programs for 12 months and is non-refundable.

Regular Tuition: \$115.00 Per Month (1 Hour)/\$97(45 mins)

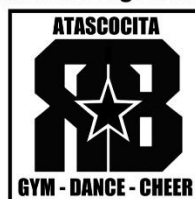
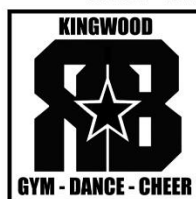
Anniversary Registration Fee: \$50

Registration Process: We've done our best to make the online registration easy for you to complete. You must first go to our website and follow the link that has been activated for your class registration. The step-by-step enrollment process is easy to understand. Please call if you have any questions or technical difficulties.

Step 1: Visit our website (www.rowlandballard.com) and "click" the PARENT PORTAL activation link.

Step 2: Once you've activated the PARENT PORTAL link, you will see 4 options to consider for class registration. Simply "click" the tab that represents the location and program you wish to enroll. Follow the online prompts and complete your registration profile form. Call our front desk if you have any questions.

"CLICK" PARENT PORTAL on our website to access the registration activation links.



Select the LOCATION / PROGRAM that you wish to enroll.

PROGRAM CLASS DESCRIPTIONS: These classes consist of fun and challenging developmentally appropriate gymnastics skills and movements, while utilizing all our gymnastics equipment! Rowland/Ballard is the perfect place to develop confidence, try new things, and meet new friends!

PARENT - CHILD (walking - 2): Continued exposure to the gymnastics equipment with an introduction of the basic body positions and gymnastics skill terminology. An adult must attend class with the child.

AGE (3 & 4) / Juniors Gymnastics (Ages 5 & 6):

Designed transition class for the young child to attend class without a parent. The focus of this class is on beginning gymnastics skills, body positions, and terminology. Children in the 3 year old class MUST BE POTTY TRAINED. Focus on specific skill development through developmentally appropriate progressions for all gymnastics events.

DEVELOPMENTAL TEAM (Gym Gems/Bronze & Silver): Advanced and Intermediate Kindergym class used to teach USAG (United States Gymnastics) skills and routines. These programs are by invitation and tryout only.

TUMBLING CUBS: This class has been specifically designed for our younger tumblers ages 5-7.

MAKE-UP CLASSES: Please contact the front desk or place a request through the Parent Portal for any missed classes due to family vacations or other summer activities. **All make-ups must be scheduled at least 24 hours in advance.** "NO SHOWS" will count as your make up. Please contact the front desk if you need assistance.

ATASCOCITA LOCATION: PRESCHOOL GYMNASTICS (AGES 3 - 6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 – 9:45 Parent/Child	9:00 – 9:55 PRESCHOOL GYMNASTICS (3-5)	10:00 – 10:45 Parent/Child
10:00 – 10:55 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)		10:00 – 10:55 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	10:00 – 10:55 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)		11:00 – 11:55 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)
					
4:30 – 5:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	4:30 – 5:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	4:30 – 5:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	4:30 – 5:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	4:30 – 5:45 DEVELOPMENTAL TEAM GOLDSTARS (4:30-5:45)	
5:30 – 6:30 DEVELOPMENTAL TEAM SILVERSTARS	5:30 – 6:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	5:30 – 6:30 DEVELOPMENTAL TEAM SILVERSTARS	5:30 – 6:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	5:30 – 6:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	
6:30 – 7:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)	6:30 – 7:30 DEVELOPMENTAL TEAM GOLDSTARS (6:30-8:00)	6:30 – 7:15 PARENT / CHILD	6:30 – 7:25 PRESCHOOL GYMNASTICS (3-4) JUNIORS GYMNASTICS (5-6)		

ARRIVING AND DEPARTING: Students are asked to remain in the observation area when arriving for their class. An instructor will call for them when it is time for the class to begin. Parents are asked to remain in the observation area at all times. We also ask parents to accompany their child to the restroom before class begins.

CLASS ATTIRE: Boys - Gym shorts and t-shirts (no socks, jeans, belts, zippers or front snaps)
Girls - Leotard, any color or style: no footed tights or jewelry. (No sports bras/crop tops)
Hair - Hair must be securely fastened away from the face.

FRIDAY FUN GYM 7:00 - 9:30: Parents, you've worked all week and you're ready for a date night. Let R/B help by providing a fun place for kids to have a great time. All Rowland/Ballard students (ages 4 and up) are invited to attend Friday Fun Gym. This supervised event is loaded with gymnastics, games, and special contests.

* \$15.00 for all registered students.

* The guest fee is \$25.00 with a completed and signed participation form.* All participants must sign up via the Parent Portal Note: Drop-ins will be assessed a \$5 late fee.

ROWLANDBALLARD.COM/ 281-812-7835 ATASCOCITA LOCATION/ 281-358-4616 KINGWOOD LOCATION