

# Prices

Per Monthly Session

| <u>Class Length</u> | <u>Tuition</u> | <u>(2nd Class) 20%Off</u> |
|---------------------|----------------|---------------------------|
| 45 Minutes          | \$60           | \$48                      |
| 1 Hour              | \$70           | \$56                      |
| 2 Hours             | \$110          | \$88                      |

### **Pre-School Open Gym**

Member \$3.00

Non-Members \$5.00

### **Registration Fees**

First Student  
\$25

Each Additional  
\$15

## Class Schedule

### **Mommy & Me / Daddy & Me:**

Monday 9:00am-9:45am

Tuesday 6:30pm-7:15pm

Wednesday 9:00am-9:45am

Thursday 6:30pm-7:15pm

### **Gym Tots:**

Monday 10:00am-10:45am

Tuesday 5:30pm-6:15pm

Wednesday 10:00am-10:45am

Thursday 5:30pm-6:15pm

### **Tiny Tumblers:**

Monday 11:00am-11:45am

Tuesday 3:30pm-4:15pm

Wednesday 11:00am-11:45am

Thursday 3:30pm-4:15pm

### **Pre-School Open Gym**

Tuesday 9:00am-10:00am

Thursday 9:00am-10:00am

### **Mighty Hot Shots**

Wednesday 5:00pm-6:00pm

Friday 4:00pm-5:00pm

### **Hot Shots**

Friday 4:00pm-5:30pm

Saturday 10:00am-11:30am

### **Lil' Gymmies:**

Monday 9:00am-10:00am

5:00pm-6:00pm

Tuesday 4:30pm-5:30pm

Wednesday 9:00am-10:00am

4:00pm-5:00pm

5:00pm-6:00pm

6:00pm-7:00pm

Thursday 12:00pm-1:00pm

4:30pm-5:30pm

5:00pm-6:00pm

Saturday 9:00am-10:00am

### **Lil' Jumpers T & T**

Monday 3:30pm-4:15pm

Tuesday 10:00am-10:45am

Wednesday 3:30pm-4:15pm

Thursday 10:00am-10:45am

4:30pm-5:30pm

Friday 3:30pm-4:15pm

4:00pm-4:45pm

4:00pm-4:45pm

Saturday 2:00pm-3:00pm

### **Itty Bitties**

Wednesday 4:00pm-5:00pm

Thursday 4:00pm-5:00pm

Saturday 12:00pm-1:00pm

# Midwest Training and Ice Center



## Pre-School Gymnastics Programs



USA GYMNASTICS

**10600 White Oak Ave.**

**Dyer, IN 46311**

**(219)-558-8811**

**[www.midwesttrainingandicecenter.com](http://www.midwesttrainingandicecenter.com)**

**CALL TODAY TO REGISTER!**

Class days and times may be adjusted, combined, or canceled due to enrollment levels or facility events. NO REFUNDS or CREDITS on any programs.

**Visit us at: [www.midwesttrainingandicecenter.com](http://www.midwesttrainingandicecenter.com)**



# Midwest Training Center

Midwest Training Center Curriculum is based on the USA Gymnastics Jr. Olympic Program. Our staff combined has more than 25 years of experience teaching gymnastics to children. Our classes are designed to provide a non-competitive, flexible program of progressive skills, conditioning and flexibility. Specific attention is paid to the life skills we feel are important for positive growth listening, focus & concentration, respect for others and leadership/helping others.

Our Teachers are USA Gymnastics Safety Certified and specially selected and trained to safely bring out the best in each child by encouraging everyone to succeed. Without question, it is our exceptionally qualified and caring teachers that set us apart from your average gymnastics school.

## Pre-School Gymnastics



Pre-School movement classes help provide the individual with the all-important social skills necessary to be an adult. Problem solving, sharing, and waiting your turn (patience) are skills we use every day of our life. If this is all we did, it would probably be enough; however, Gymnastics provides so much more.

Gymnastics is a multifaceted sport that develops physical strength, speed, agility, nerves of steel and it's FUN! Studies have proven that young children learn and acquire knowledge through play, experimentation, exploration, and discovery.



## Preschool Open Gym

These open gyms are designed for children ages 6 and younger. Students, siblings and friends can come for active play. Children 18 mos. and younger are free. All children must bring an adult along to play with.

### Mommy & Me / Daddy & Me:

18 months—24 months

A playful parent/baby class centered around age appropriate developmental movements using special tot-sized apparatus. Strong emphasis will be given to socialization skills and group involvement. Classes are 45 minutes long.

### Gym Tots: 2—3 years

Children participate along with a parent or caregiver. The focus is on fun and social interaction. Our caring certified instructors guide youngsters to learn basic loco-motor skills such as crawling, walking and jumping. Children will also develop basic gymnastics skills including grasping, reaching, rolling and balancing in this 45 minute class.

### Tiny Tumblers: 3 year olds

Transition class that gradually phases out parent participation. Participants will learn to follow instructions and the patience to wait for their turn while utilizing imaginative play. Also included will be an introduction to basic gymnastics skills and equipment usage in this 45 minute class.

### Lil' Gymmies: 4-5 year olds

Using creative play and nurturing instruction, Lil' Gymmies are introduced to gymnastics by our certified instructors. The Lil' Gymmies program builds a strong foundation for your child to develop a sense of athletic achievement, self esteem and social skills that will last a lifetime. Our special "kid sized" gymnastics equipment is built to accommodate small hands and small bodies as they explore the exciting and fun sport of gymnastics in this 60 minute class.

### Lil' Jumpers T & T: 3-5 years old

The Lil' Jumpers program builds a strong foundation for your child to develop a sense of athletic achievement, self esteem and social skills that will last a lifetime. Our trampolines, tumble trak and tumbling mats will accommodate small bodies as they explore the exciting and fun sport of trampoline in this 45 minute class.

### Mighty Hot Shots: 4-6 years old

This is an introduction class leading into our developmental team program. This class is geared for girl's age 4-6 years to introduce them into the world of strength, flexibility and self awareness through a positive, energetic and competitive atmosphere. Games, contests, fear challenges, confidence building and lots of fun, fun, fun will surround the Mighty Hot shots.

### Hot Shots: 4-6 years old

This program is the final level of our girls developmental program. This program is designed to encourage more strength, flexibility and time management to prepare our gymnasts for competitive competition. This is a more challenging level as we prepare for the competitive nature of placement vs. achievement.

### Itty Bitties T & T 4-6 years old

This is an introduction class leading into our team program. This class is geared for boy's and girl's ages 4-6 years to introduce them to the world of strength, flexibility and self awareness through a positive, energetic and competitive atmosphere. Games, contest, fear challenges, confidence building and lots of fun, fun, fun will surround the Itty Bitties.

