

Central Bucks School of Gymnastics, Inc.

Established 1973

Our Programs

The Central Bucks School of Gymnastics, Inc. began in 1973 and has continually provided a wide range of high quality instructional and competitive opportunities for its members. The School has expanded through three locations as its classes and competitive teams have increased in size. The current 10,000 square foot building in Plumstead Township offers an air-conditioned dance studio, a 2,500 square foot "power floor," a Tumble Track, a large pit filled with foam blocks, as well as other well-maintained gymnastic and safety equipment.

The popular **GymKids Gymnastic Program** consists of five different class groupings for boys and girls 2-6 years old and a gym/ballet combination class. Instructors experienced in early childhood development introduce skills appropriate to the children's ages, enhancing coordination, basic muscle strength, social development, and self-esteem. This is truly a fun-loving approach to the fundamentals of body awareness and gymnastics. The **GymStars Gymnastic Program** for girls in first grade and older provides an opportunity for children to continue working with gymnastic equipment, developing skills necessary for life-long physical fitness and self-confidence.

The roots of the school's highly successful competitive **Team Program** lie in the enjoyable and challenging instructional classes offered by the school. C.B. has long been the home of one of Pennsylvania's best gymnastic teams. The success of the team level gymnasts has attracted scholarship interest from major colleges and universities throughout the country. Approximately 90% of graduating team members have received full or partial college scholarships.

The **Dance Program** was initiated to provide specialized training to team gymnasts. By popular demand, the Dance Program was expanded to offer public classes in 1982 under the direction of Lee Wilson. The Dance Program currently offers Jazz, Modern, Tap, Ballet, Hip-Hop, and Preschool dance classes under the direction of Tracey Burroughs who begins her sixth year as Director. The Dance Program also offers by-invitation-only Performance Groups and Dance Companies. Annually, the Dance Program stages a Dance Concert, receiving critical acclaim for the high caliber of the dance performances.

The **Yoga for Youngsters Program** was added in late spring of 2009 under the direction of Sara Grogan, a certified children's Yoga instructor. This program for boys and girls ages 4 through 12 provides children with increased mind/body awareness, strength, flexibility, and self-esteem; promotes calmness and anxiety and tension relief; and improves concentration and posture through a theme-based curriculum. The Yoga for Youngsters program is based on the belief that children learn best when they are having fun!

Registration for Classes

Registration for classes takes place during our regular office hours. A Registration Card/Liability Waiver must be completed and signed by a parent or legal guardian of each class participant before beginning any class.

A Registration Fee must be paid only once from September through August of each year for each class participant. No discounts apply to the Registration Fee. The Registration Fee for each class participant beginning classes in Session 1 is \$30.00, Session 2 is \$25.00, Session 3 is \$20.00, Session 4 is \$15.00, and the Summer Session is \$5.00. All class fees and the Registration Fee must be paid prior the first class.

2009-2010 Schedule

Session 1: September 8, 2009 – November 14, 2009

Session 2: November 16, 2009 – January 30, 2010

Session 3: February 1, 2010 – April 10, 2010

Session 4: April 12, 2010 – June 19, 2010

Yoga for Youngsters

Laugh. Stretch. EMPOWER.

Children's Yoga has been shown to have the following benefits for children:

- Increased Flexibility
- Increased Self-Esteem
- Promotes Calmness
- Anxiety & Tension Relief
- Mind/Body Awareness
- Improved Concentration
- More Strength
- Improved Posture

The Yoga for Youngsters program is based upon the belief that children learn best when they are having fun! The theme-based curriculum includes:

- Movement & Music
- Art & Journaling
- Literature
- Breath Work
- Creative Visualization

Yoga for Youngsters Class Schedule

Monday 4:45-5:30 Ages 4-7 years

Monday 5:45-6:30 Ages 8-12 years

Yoga for Youngsters Class Fees

\$144.00 - 10 week session • \$130.00 - 9 week session

ALL PRICES SUBJECT TO CHANGE.

Each participant needs to bring a yoga mat to use while participating in a Yoga for Youngsters class. Yoga mats are available for purchase in the Chalk Shop for \$8.50.

Sara Grogan, Yoga for Youngsters Program Director & Certified Children's Yoga Instructor

For more information: WWW.YOGA.CBGYM.COM • To directly contact Sara: 267-372-4341 or saragrogan@gmail.com

2009-2010 GymKids Gymnastic Program

GymKids Classes

Parent/Tot – 50 minutes	Children 2-3 years of age with parent or other caregiver
Bouncers – 30 minutes	Children 3 years of age and ready to separate from parent or other caregiver
Rollers – 45 minutes	Children 3½-4 years of age possessing the listening skills required for longer rotations
Swingers – 50 minutes	Children 4-5 years of age who are pre-Kindergarten
Flippers – 50 minutes	Children 5-6 years of age who are in Kindergarten for 2009-2010 school year
Gym/Ballet - 60 minutes	Girls 4-6 years of age - 30 minutes of ballet and 30 minutes of gymnastics

GymKids Class Schedule

Classes scheduled on weekdays from 4-6P.M. and Saturdays are held to accommodate children who are unable to attend classes during the week from 9:30A.M.-3 P.M. These classes share the facility with the GymStars Program classes and Team practice.

<table border="0"> <tr> <td style="width: 15%;">Parent/Tot</td> <td style="width: 15%;">Tuesday</td> <td style="width: 15%;">9:30</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>Wednesday</td> <td>9:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="6"><hr/></td> </tr> <tr> <td>Bouncers</td> <td>Monday</td> <td>11:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Wednesday</td> <td>12:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Friday</td> <td>11:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="6"><hr/></td> </tr> <tr> <td>Rollers</td> <td>Tuesday</td> <td>12:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Wednesday</td> <td>10:45 12:45</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Thursday</td> <td>11:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Friday</td> <td>10:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="6"><hr/></td> </tr> <tr> <td>Gym/Ballet</td> <td>Monday</td> <td>10:45 12:15</td> <td></td> <td></td> <td></td> </tr> </table>	Parent/Tot	Tuesday	9:30					Wednesday	9:30				<hr/>						Bouncers	Monday	11:30					Wednesday	12:00					Friday	11:30				<hr/>						Rollers	Tuesday	12:00					Wednesday	10:45 12:45					Thursday	11:30					Friday	10:30				<hr/>						Gym/Ballet	Monday	10:45 12:15				<table border="0"> <tr> <td style="width: 15%;">Swingers</td> <td style="width: 15%;">Monday</td> <td style="width: 15%;">9:45</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>Tuesday</td> <td>10:40</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Wednesday</td> <td>1:40</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Thursday</td> <td>10:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Friday</td> <td>12:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Saturday</td> <td>11:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="6"><hr/></td> </tr> <tr> <td>Flippers</td> <td>Monday</td> <td>1:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Tuesday</td> <td>2:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Thursday</td> <td>9:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>2:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>4:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>5:00</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Friday</td> <td>9:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Saturday</td> <td>9:30</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>10:30</td> <td></td> <td></td> <td></td> </tr> </table>	Swingers	Monday	9:45					Tuesday	10:40						1:00					Wednesday	1:40					Thursday	10:30						1:00					Friday	12:30					Saturday	11:30				<hr/>						Flippers	Monday	1:30					Tuesday	2:00					Thursday	9:30						2:00						4:00						5:00					Friday	9:30						1:30					Saturday	9:30						10:30			
Parent/Tot	Tuesday	9:30																																																																																																																																																																																															
	Wednesday	9:30																																																																																																																																																																																															
<hr/>																																																																																																																																																																																																	
Bouncers	Monday	11:30																																																																																																																																																																																															
	Wednesday	12:00																																																																																																																																																																																															
	Friday	11:30																																																																																																																																																																																															
<hr/>																																																																																																																																																																																																	
Rollers	Tuesday	12:00																																																																																																																																																																																															
	Wednesday	10:45 12:45																																																																																																																																																																																															
	Thursday	11:30																																																																																																																																																																																															
	Friday	10:30																																																																																																																																																																																															
<hr/>																																																																																																																																																																																																	
Gym/Ballet	Monday	10:45 12:15																																																																																																																																																																																															
Swingers	Monday	9:45																																																																																																																																																																																															
	Tuesday	10:40																																																																																																																																																																																															
		1:00																																																																																																																																																																																															
	Wednesday	1:40																																																																																																																																																																																															
	Thursday	10:30																																																																																																																																																																																															
		1:00																																																																																																																																																																																															
	Friday	12:30																																																																																																																																																																																															
	Saturday	11:30																																																																																																																																																																																															
<hr/>																																																																																																																																																																																																	
Flippers	Monday	1:30																																																																																																																																																																																															
	Tuesday	2:00																																																																																																																																																																																															
	Thursday	9:30																																																																																																																																																																																															
		2:00																																																																																																																																																																																															
		4:00																																																																																																																																																																																															
		5:00																																																																																																																																																																																															
	Friday	9:30																																																																																																																																																																																															
		1:30																																																																																																																																																																																															
	Saturday	9:30																																																																																																																																																																																															
		10:30																																																																																																																																																																																															



GymKids Class Fees

There is a 10% discount on each additional gymnastic class of the same or lower price taken in the same session by the student enrolled and/or each additional family member. All prices subject to change.

30 minute class:	\$ 96. 10 weeks • \$ 87. 9 weeks • \$ 77. 8 weeks
45 minute class:	\$144. 10 weeks • \$130. 9 weeks • \$115. 8 weeks
50 minute class:	\$160. 10 weeks • \$144. 9 weeks • \$128. 8 weeks
60 minute class:	\$165. 10 weeks • \$149. 9 weeks • \$132. 8 weeks

Gerry Woolcock, GymKids Program Director

2009-2010 GymStars Gymnastic Program

The Instructional Classes, Levels I, II, III, and IV, promote sound gymnastic fundamentals. The levels offered provide an opportunity for the gymnast to progress based on the USA Gymnastics national standards under the direction of experienced, enthusiastic instructors. This program is for girls in 1st grade and older.

GymStars Class Schedule

Level 1

55 minute classes:

Monday	4:00 5:00
Tuesday	4:00 5:00
Wednesday	4:00
Thursday	4:00 5:00
Saturday	9:30 10:30 11:30

Level II

55 minute classes:

Monday	4:00 5:00
Tuesday	4:00 5:00
Wednesday	4:00 5:00
Thursday	4:00 5:00
Saturday	9:30 10:30

Level III

55 minute class:

Wednesday	5:00
-----------	------

Level III

85 minute classes:

Wednesday	6:00-7:25
Thursday	6:00-7:25

Level IV

85 minute classes:

Monday	6:00-7:25
Wednesday	6:00-7:25

GymStars Class Fees

There is a 10% discount on each additional gymnastic class of the same or lower price taken in the same session by the student enrolled and/or each additional family member.

55 minute class: \$165.00 10 weeks • \$149.00 9 weeks • \$132.00 8 weeks

85 minute class: \$220.00 10 weeks • \$198.00 9 weeks • \$176.00 8 weeks

ALL PRICES SUBJECT TO CHANGE.



Central Bucks School of Gymnastics, Inc.
929 North Easton Road
Doylestown, PA 18902
215-345-0176

Ria Sharpe, GymStars Program Director

Come share our passion...

we are driven to help students become their personal best!

KINDERDANCE PROGRAM

Exploring movement and dance through music using imagination to kindle the inner spirit.

CREATIVE DANCE, BALLET/TAP, BALLET/JAZZ, and BALLET/GYM classes will follow a payment schedule based on sessions with the class fees as listed below. CLASS FEES are due before the first day of class.

HOURS OF CLASS PER WEEK	10 WEEKS	9 WEEKS	8 WEEKS
30 minutes	\$90.00	\$81.00	\$72.00
45 minutes	\$135.00	\$121.50	\$108.00
One hour	\$170.00	\$153.00	\$136.00

2009-2010 SESSION DATES

Session 1: September 8, 2009 – November 14, 2009

Session 2: November 16, 2009 – January 30, 2010

Session 3: February 1, 2010 – April 10, 2010

Session 4: April 12, 2010 – June 19, 2010

PERFORMANCE PROGRAM

The Dance Studio has implemented a payment structure for those students attending PERFORMANCE CLASSES. By signing up for a Performance Class, the student is making a commitment to attend dance classes from September through early June, to attend rehearsals in addition to the classes, and to participate in a Dance Concert to be held in June of 2010. The fees for classes to be held September through early June are divided up into nine equal monthly payments, with a payment DUE on or before the first of each month from September through May. If the Office is closed, please hand payments to the teacher of the class. The monthly fees follow.

HOURS OF CLASS PER WEEK	MONTHLY FEE
One hour	\$73.67
One and one-half hours	\$104.00
Two hours	\$130.00
Two and one-half hours	\$151.67
Three hours	\$169.00
Three and one-half hours	\$182.00
Four hours	\$190.67
Four and one-half hours	\$199.90
Five hours	\$208.00
Five and one-half hours	\$214.50
Six hours	\$221.00
Six and one-half hours	\$227.50
Seven hours	\$234.00



PERFORMANCE DANCERS

PAY IN FULL FOR 9 MONTHS = 10% OFF!

PAY IN FULL FOR 4.5 MONTHS = 5% OFF!

A REGISTRATION FEE must be paid only once from September through August of each year for each dance class participant. No discounts apply to the Registration Fee. The Registration Fee for each dancer beginning classes for 2008-2009 in Session 1 is \$30.00, Session 2 is \$25.00, Session 3 is \$20.00, Session 4 is \$15.00, and Session 5 is \$5.00. Registration fees are due before the first day of class. DISCOUNTS are offered within the Dance program. After one dancer in a family pays the full price, other family members receive a 10% discount on equal or lesser fees for dance classes. Multiple discounts do not apply!

2009-2010 Dance Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:30-11:15 Creative Dance 3-5 years			
11:15-11:45 Ballet (Gym/Ballet) 4-6 years			
11:45-12:15 Tap 4-6 years			
12:15-12:45 Ballet (Gym/Ballet) 4-6 years			
1:00-2:00 Ballet/Jazz 4-6 years		3:15-4:00 Creative Dance 3-5 years	
	4:00-5:00 Jazz I-II	4:00-5:30 Ballet III	4:00-5:30 Jazz V
5:00-6:00 Ballet/Tap 5-7 years	5:00-6:00 Ballet I-II		5:30-7:00 Jazz IV
6:00-7:30 Ballet Company	6:00-7:00 Hip Hop Beginner 7 years & older	6:00-7:30 Modern Beg/Inter	7:00-9:00 Jazz Company
7:30-8:00 Ballet Pointe	7:00-8:30 Jazz III	7:30-9:00 Modern Advanced	

Studio A

Kinderdance Program
 • *Payment by Session* •

Performance Program
Technique & Performance Classes
 • *Payment by Month* •

**INSTRUCTOR PERMISSION ONLY
FOR
ALL PERFORMANCE CLASSES**

Studio B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	4:00-5:00 Ballet/Jazz 5-7 years	4:15-5:45 Ballet IV-V	4:00-5:00 Ballet/Tap 5-7 years
6:30-7:30 Tap I		5:45-6:30 Creative Dance 3-5 years	5:00-6:00 Ballet/Jazz 5-7 years
7:00-8:00 Tap II-III		6:30-7:30 Hip Hop Adv	6:00-7:00 Musical Theater Dance 10 years & older
8:00-9:00 Tap Company		7:30-8:30 Hip Hop Inter 10 years & older	



CLASSES, LEVELS, PRICES SUBJECT TO CHANGE!

PLEASE SEE REVERSE SIDE FOR REGISTRATION COSTS & CLASS FEES

FOR FURTHER INFORMATION, PLEASE CONTACT TRACEY BURROUGHS, DANCE PROGRAM DIRECTOR
 Central Bucks School of Gymnastics, Inc. • 929 North Easton Road • Doylestown, PA 18902 • 215.345.0176



TOTAL PARTY TIME IS 90 MINUTES –

45 MINUTES OF GAMES, PARACHUTE AND TRAMPOLINE PLAY

45 MINUTES TO USE A SEPARATE AREA PROVIDED FOR REFRESHMENTS & GIFTS

BIRTHDAY PARTY FEES

MEMBERS

10 or fewer children - \$150.00

Each additional child - \$5.00

\$90.00 nonrefundable deposit required

NON-MEMBERS

10 or fewer children - \$160.00

Each additional child - \$5.00

\$100.00 non-refundable deposit required

Be sure to visit the *CHALK SHOP* – leotards, t-shirts, yoga mats, and other items for sale. Stock changes monthly!

OPEN GYM

Our **OPEN GYM** program provides both **MEMBERS** and **NON-MEMBERS** with a relaxed, supervised atmosphere in which participants may practice previously-learned skills. Parents or another adult must stay with children under the age of 10 years old at all times and are encouraged to accompany those ten years of age and older.

Open Gym is held on most Fridays from 7:30–9:00P.M. during the months of September through June. From mid-June through August, Open Gym is scheduled from 6:30-8:00P.M. on a number of Wednesdays. Scheduled Open Gym dates are posted monthly on the front window and in the waiting room. The cost for each child attending is \$10.00. Adults are free!

A maximum of 75 children will be admitted.



OPEN GYM RULES

1. Children under the age of 10 years old **MUST** be accompanied by an adult who stays with them at all times.
2. Use of Trampoline, TumbleTrak, Mini-Tramps must be supervised.
3. Children and parents must remain in the gym as this is the only area supervised during Open Gym.
4. Children must be picked up by 9:00 P.M. An additional \$4.00 will be charged for anyone picked up after 9:05 P.M.
5. Equipment may not be adjusted or moved except for mats and vaulting boards.
6. No **HORSEPLAY** is permitted!