

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 four different class groupings for boys and girls 3-6 years old and a gym/dance combination class. This program gives many students their first look at gymnastics and physical fitness. Children explore our zip line, rock wall, climbing ropes, trampoline and the foam pit in addition to bars, beam, vault and tumbling. Our instructors are USGA Safety certified and have the knowledge and experience to instruct children in a positive atmosphere that helps develop their skills and self confidence. This is truly a fun-loving approach to the fundamentals of the body awareness and gymnastics. Gymnastics is a great foundation for developing strength, coordination, flexibility and self-esteem that will prepare children for all sports and most importantly, it's FUN! 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 seventh 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.

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.

Birthday Parties are offered for Members and Non-Members with a total party time of 90 minutes. Party time is broken up into 45 minutes of gym time with an instructor who leads age games, parachute and trampoline play and 45 minutes in a separate area for parents to serve refreshments and the opening gifts.

Please refer to pages within the schedule packet for more information on all of the above programs and birthday parties.

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.

2011-2012 Schedule

Session 1: September 6, 2011 – November 12, 2011

Session 2: November 14, 2011 – January 28, 2012

Session 3: January 30, 2012 – April 5, 2012

Session 4: April 9, 2012 – June 16, 2012



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 - \$165.00

Each additional child - \$6.00

\$50.00 non-refundable deposit required

NON-MEMBERS

10 or fewer children - \$185.00

Each additional child - \$6.00

\$50.00 non-refundable deposit required

New prices effective September 7, 2011

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. 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 by a staff member.
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!

2011-2012 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 2011-2012 school year
Gym/Dance - 60 minutes	Girls 4-6 years of age - 30 minutes of dance and 30 minutes of gymnastics

GymKids Class Schedule

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

<p>Parent/Tot Tuesday 9:30</p> <p>Bouncers Monday 11:30</p> <p>Wednesday 11:30</p> <p>Rollers Tuesday 12:00</p> <p>Wednesday 10:30 12:30</p> <p>Thursday 11:30</p>	<p>Swingers Monday 9:45</p> <p>Tuesday 10:30 1:00</p> <p>Wednesday 1:30</p> <p>Thursday 10:30 1:00</p> <p>Saturday 11:30</p>	<p>Flippers Monday 1:30</p> <p>Tuesday 2:00 4:00</p> <p>Wednesday 9:30</p> <p>Thursday 9:30 2:00 4:00 5:00</p> <p>Saturday 9:30 10:30</p> <p>Gym/Dance Monday 10:45 12:15</p>
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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:	\$ 99. 10 weeks • \$ 89. 9 weeks • \$ 79. 8 weeks
45 minute class:	\$150. 10 weeks • \$135. 9 weeks • \$120. 8 weeks
50 minute class:	\$165. 10 weeks • \$149. 9 weeks • \$132. 8 weeks
60 minute class:	\$170. 10 weeks • \$153. 9 weeks • \$140. 8 weeks

Gerry Woolcock, GymKids Program Director

2011-2012 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 Gymnastics Class Schedule

<p>Level I 55 minute classes:</p> <p>Monday 4:00 5:00</p> <p>Tuesday 4:00 5:00</p> <p>Wednesday 4:00 5:00</p> <p>Thursday 4:00 5:00</p> <p>Saturday 9:30 10:30 11:30</p>	<p>Level II 55 minute classes:</p> <p>Monday 5:00</p> <p>Tuesday 4:00 5:00</p> <p>Wednesday 5:00</p> <p>Thursday 4:00 5:00</p> <p>Saturday 9:30 10:30 11:30</p>	<p>Level III 55 minutes classes:</p> <p>Wednesday 5:00</p> <p>Level III 85 minute classes:</p> <p>Monday 6:00-7:25 Wednesday 6:00-7:25 Thursday 6:00-7:25</p> <p>Level IV 85 minute classes:</p> <p>Monday 6:00-7:25 Wednesday 6:00-7:25 Thursday 6:00-7:25</p>
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GymStars Tumbling Class Schedule

We are now offering a Tumbling class for gymnastics and cheerleading. The 45 minute class is designed to develop and improve strong tumbling skills for the beginner to the advanced.

Monday 4:15 6 - 8 years of age | Tuesday 6:00 13 years old and up | Wednesday 4:15 9 - 12 years of age



GymStars Class Fees

45 minute class:	\$150 10 weeks	• \$135 9 weeks
55 minute class:	\$170 10 weeks	• \$153 9 weeks
85 minute class:	\$230 10 weeks	• \$207 9 weeks

Chrissy Flannery, GymStars Program Director

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.

2011-2012 Dance Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00-10:45 Creative Dance 3-5 years				9:45-10:30 Creative Dance 3-5 years
11:15-11:45 GymDance 4-6 years				10:30-11:30 Little Stars 5-7 years
11:45-12:15 Tap 4-6 years				11:30-12:30 Little Stars 5-7 y-ears
12:15-12:45 GymDance 4-6 years		3:15-4:00 Creative Dance 3-5 years		12:30-1:15 Creative Dance 3-5 years
1:00-2:00 Little Stars 5-7 years		4:00-5:00 Little Stars 5-7 years	4:00-5:00 Beginner Tap/Jazz	
3:15-4:00 Creative Dance 3-5 Years	5:00-6:30 Jazz Int	5:00-6:00 Tap Jr	5:00-6:30 Jazz Jr Co A & B	
4:00-5:00/5:30 Beg/Int Modern	6:30-8:00 Ballet Jr	6:00-7:00 Tap Co	6:30-7:30 Musical Theater	
5:30-7:00 Modern Jr A & B	8:00-8:30 Beginner Pointe	7:00-8:30 Ballet Co	7:30-9:30 Jazz Co	
7:00-8:30 Modern Co		8:30-9:00 Pointe		

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 Tumble Dance 3-5 years	4:00-5:00 Tumble Dance 3-5 years		4:00-5:00 Little Stars 5-7 years
5:00-6:00 Beginner Ballet	5:00-6:00 Jazz/Hip Hop Beg/Int		5:00-6:30 Jazz Jr Co A & B
6:00-7:00 Hip Hop Co	6:30-8:30 Ballet Int		6:30-7:30 Hip Hop Jr B
7:00-8:00 Hip Hop Jr A			7:30-8:30 Hip Hop Int



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

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, LITTLE STARS, TAP, TUMBLING and DANCE/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

2011-2012 SESSION DATES

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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 2012. 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.

Performance Dancers can receive a 5% discount by signing up for auto-pay or paying in full for 9 months.

Auto-pay is a payment option that charges the monthly fee to a Visa, MasterCard or Discover on the 5th of each month.

Hours of Class per Week	Monthly Fee	Monthly Fee Including 5% Discount
One hour	\$77.35	\$73.67
One and one-half hours	\$109.20	\$104.00
Two hours	\$136.50	\$130.00
Two and one-half hours	\$159.25	\$151.67
Three hours	\$177.45	\$169.00
Three and one-half hours	\$191.10	\$182.00
Four hours	\$200.20	\$190.67
Four and one-half hours	\$209.91	\$199.90
Five hours	\$218.40	\$208.00
Five and one-half hours	\$225.25	\$214.50
Six hours	\$232.05	\$221.00
Six and one-half hours	\$238.90	\$227.50
Seven hours	\$245.70	\$234.00
Seven and one-half hours	\$254.80	\$242.67

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 2011-2012 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!