

## Gymnastics Unlimited Team Information

---

### FEES & PRACTICE TIMES

---

Team Level	Requirements	Days	Time	Cost / Month
<b>TINY TUMBLER</b> Monday required Wed or Sat optional	Monday REQUIRED. 2nd day is optional	MON- Required WED (opt) SAT (opt.)	4:00-6:00 4:00-6:00 12:30-2:30	\$ 50 - 1 day/wk \$ 94 - 2 days/ wk
<b>PRE TEAM:</b> 2 OR 3 Days / week	2 days required. 3rd day optional	MON WED SAT	4:00-6:00 4:00-6:00 12:30-2:30	\$ 50 - 1 day/wk \$ 94 - 2 days /wk \$132 - 3 days/wk
<b>TEAM LEVEL 4</b> Choice of 2 or 3 days	2 days required. 3rd day optional	MON WED SAT	5-8:00 5-8:00 12:30-3:30	\$132 -2 days/wk \$165 - 3 days / wk
<b>TEAM LEVEL 5-6</b>	3 days / week required	Mon, Wed & Fri	5:00-8:00	\$165
<b>TEAM LEVEL 7-10</b>	3 days / week required	Mon, Wed & Fri	4:00-8:00	\$175

### JULY AND AUG

Tiny Tumble - Monday: 4-6:00

Pre-Team - Monday & Wednesday 4-6:00

LEVELS 4-10 - Monday & Wednesday 5:00-8:30, Thursday 4-7:00

### Team News Bulletin Board

---

This is located in the cubby area in the gym, next to the staff board. Current newsletters, calendars and pictures will be posted.

The team girls have their own board. Scores from their meets of the current season will be posted to help them see their improvements (or where they need to make improvements). Clubs will also be posted: 9.0 club, No falls on Beam Club and No Falls on Bars Club.

### Parent Mailboxes

---

Actually the mailboxes are folders! All team members have a folder for handout. Please check this mailbox/folder every time your child comes to practice. There may be time related information in the handouts. The mailbox/folders are located in a wicker drop file on top of the cubbies overlooking the trampoline.

## **Foyer Bulletin Board**

---

A new feature of our foyer Bulletin Board will be "GYM PICS OF THE MONTH". Each month 3-4 team members will be chosen (at random) and will be featured with their pictures and a short synopsis of their life on the foyer bulletin board!

## **Pre-Team Board**

---

Pre-team will have their own display on the bulletin board on the back wall (near vault). Because the Pre-Team does not compete outside the gym, coaches have developed a list of skills each gymnast can work toward mastering. By providing this incentive it will also help the gymnasts to evaluate their own progress. Each gymnast will have a skill chart posted. As they master a skill a star will be awarded.

GROUP RATES & INDIVIDUAL WORKOUT TIMES AVAILABLE FOR SQUADS