alpha omega
gymnastics & dance exc.
inspiring life-long adventures

Course
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Alpha Omega
Program Overview

Class Program Overview

Alpha Omega Gymnastics offers a variety of classes and programs designed for children ages 6 weeks old – 18 years old. The following pages summarize our class programs & fun events, and the policies surrounding them.

- PreSchool Gymnastics – (approximately 35% of class program)

Mommy & Me	All levels	6 weeks old-Walking	30-minute class	10:1 Ratio	Coed
Teeter Toddler	All levels	Walking – 2.99 yrs	45-minute class	6:1 Ratio	Coed
Baby Giants	All levels	3 year olds	1-hour class	8:1 Ratio	Coed
Bridge Ups	All levels	4-5 year olds	1-hour class	8:1 Ratio	Coed
Bridge Overs	Adv. levels	4-5 year olds	1-hour class	8:1 Ratio	Coed

- Girl's Gymnastics – (approximately 35% of class program)

Pull Over	Beginners	6 – 12 yrs	1-hour class	8:1 Ratio	Female
Hip Circle	Intermediate	6 – 12 yrs	1-hour class	8:1 Ratio	Female
Free Hip	Int./Adv.	6 – 12 yrs	1-hour class	8:1 Ratio	Female
Fly Away	Advanced	6 – 12 yrs	1-hour class	8:1 Ratio	Female

Class Program Overview

- **Ninja Warrior** (approximately 10% of class program)

Ninja Warrior 1	All levels	4 – 5 yrs	1-hour class	8:1 Ratio	Coed
Ninja Warrior 2	All levels	6 yrs +	1-hour class	8:1 Ratio	Coed

- **Boy's Gymnastics** (approximately 10% of class program)

Muscle Up	Beginners	6-12 yrs	1-hour class	8:1 Ratio	Male
Planche	Int./Adv.	6-12 yrs	1-hour class	8:1 Ratio	Male
Maltese	Advanced	6-12 yrs	1-hour class	8:1 Ration	Male

- **Tumbling/Cheer** (approximately 10% of class program)

Back Bend	Beginners	6 - 18 yrs	1-hour class	8:1 Ratio	Coed
Back Handspring	Int./Adv.	6 – 18 yrs	1-hour class	8:1 Ratio	Coed
Back Tuck	Advanced	6 – 18 yrs	1- hour class	8:1 Ratio	Coed
Bring It On	Beginners	6 – 12 yrs	1 – hour class	8:1 Ration	Coed

Class Program Overview

- On-Demand Gymnastics & Dance (We bring Gymnastics to local Daycare's, Preschool's, etc)
  - Gymnastics | All levels | 2 yrs & up | 45-minute class | 8:1 Ratio | Coed
  - Dance | All levels | 2 yrs & up | 45-minute class | 8:1 Ratio | Coed
- Shining Stars Dance
  - Tiny Tot Hip Hop | All levels | 3-5 yrs | 1-hour class | 8:1 Ratio | Coed
  - Budding Stars | All levels | 2 yrs | 45-minute class | 8:1 Ratio | Coed
  - Shooting Stars | All levels | 3 yrs | 1-hour class | 8:1 Ratio | Coed
  - Rising Stars | All Levels | 4 – 5 yrs | 1-hour class | 10:1 Ratio | Coed
  - Super Stars 1 | Beginner | 6 – 7 yrs | 1-hour class | 12:1 Ratio | Coed
  - Super Stars 2 | Advanced | 6 – 7 yrs | 1-hour class | 12:1 Ratio | Coed
- Upper School Dance
  - Classes Vary By Location | All levels | 8 yrs & up | 1-hour class | 12:1 Ratio | Coed

Monthly/Special Events Overview

- Open Gym
  - Every Thurs: 7:30-8:30pm; Every Fri: 5:00-7:00pm; Every Sat: 11:30-1:30 pm
  - 3 yrs old & up (potty trained)
  - Free for class members; Non-members: $10 Thursday; $20 Friday/Saturday

- Preschool Open Gym
  - Every Friday – 10:30am-12:30 pm
  - Up to 5 years old
  - Free for class members and Kid's under 14 months old; Non-members: $20

- Homeschool Open Gym *Kingwood Only Currently* (available for homeschoolers, groups, & any individual)
  - Every Wednesday – 10:30am-12:00 pm
  - All Ages
  - Free for Homeschool class members; Non-members: $10/Individual

Monthly/Special Events Overview

- Gymnastics Skills Clinic
  - Every Friday – 7:15-8:30 pm
  - 6 & up
  - Free for class members; $15 for non-members
- Hip Hop Dance Clinic
  - 1st & 3rd Friday of the month; 7:15-8:30pm
  - 6 & up
  - Free for class members; $15 for non-members
- DJ Dance Party
  - 2nd Friday of the month; 7:15-8:30 pm
  - 6 & up
  - Free for class members; $10 for non-members

Monthly/Special Events Overview

- Birthday Parties
  - Every Saturday 2:00-3:45pm, 4:15-6:00pm; Sunday by Request ($50 upcharge)
  - All Ages
  - Class Members receive a $150 discount – Starting at $300/; Non-members - Starting at $450

- Parent's Night Out (PNO)
  - 4th Saturday of every Month – 5:30-9:30/10:30 pm
  - 3 yrs old & up (potty trained)
  - $25/Members; $35/non-members

Fun Events Overview

- Holiday/Summer Camp
  - During Summer Vacation & Holidays – 8am-5:30pm - ½ day, full day, & extended day options available
  - 3 yrs old & up (potty trained)
  - $35-$65/day; $110-$220/week
- Kid's Day Off (KDO)
  - Select days when school is out during the year – 8am-3pm – ½ day & full day options
  - 3 yrs old & up (potty trained)
  - $30-$50/day
- Other Fun Events
  - Mini-Olympics is an event where students showcase their skills to parents, etc. This is typically in May. It is structured like a gymnastics meet. Students perform routines.
  - Evaluation Week is scheduled 4 times/year. Students work to pass to the next level during these weeks of class. Instructors evaluate their students.

Membership Packages/Pricing

- Value Membership Packages
  - High quality class instruction at least 1x per week
  - 9-24 more hours/month (depending on age-group) of extra gym time (open gym/skills clinic)
  - $150 off Member child's birthday party
  - Discounts on other events (PNO, Camp, KDO, etc.)
  - 10% off membership for additional siblings

- Mommy & Me Membership
  - Price varies by location
  - 30-minute Mommy & Me class every week
  - Includes Preschool Open Gyms (8 hrs/month)

Membership Packages/Pricing

- PreSchool Membership
  - Price varies by location
  - 45-minute/1-hour PreSchool class every week
  - Includes Open Gyms (6 hrs/week)

- School Age Membership
  - Price varies by location
  - 1-hour class in program of their choice every week
  - Includes Open Gym every week (5 hrs/week)
  - Includes Skills Clinic, Hip Hop Clinic, DJ Dance Party

Miscellaneous Information

- Students are charged a $80 enrollment fee - $150 maximum/family
- Additional classes can be added on – Members are charged an additional 50%
- On-Demand Classes - $66/month
- Membership is a month to month obligation and cancellations/freezes must be completed by the 10th of the previous month, as all fees are billed in advance on the 15th of every month.
- We offer unlimited make-up classes – They are scheduled through the front desk
- We offer a 30-day money back guarantee, and do not offer free trial classes
- Students are required to purchase and wear a class uniform pertaining to their class level
- We close 6 weeks every year: Spring Break week, 4th of July week, 1st week of School, Thanksgiving week, & the 2 weeks surrounding Christmas and New Years Day.
  - We do not have classes, open gym, or skills clinic when we are closed
  - We do offer Kid's Day Off for select days during Spring Break, Thanksgiving Week, & during Christmas Break

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Alpha Omega Program Overview

Thank you. You have completed this course. We hope that you valued the content as you continue to grow your acumen in order to be the Team Member that you and AOG desire!