

alpha  omega
gymnastics etc.
Inspiring Life-long Adventures

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Alpha Omega
Program Overview



Class Program Overview



All Information current as of 6/12/2023

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.

➤ **Tumble Bugs** – (approximately 43% of class program)

○	Inch Worm	All levels	6 weeks old-14 Months	30-minute class	10:1 Ratio	Coed
○	Caterpillar	All levels	14 - 24 Months old	40-minute class	8:1 Ratio	Coed
○	Rolly Poly	All levels	24 Months - 3 yrs old	40-minute class	8:1 Ratio	Coed
○	Bumble Bee	All levels	3 & 4 year olds	40-minute class	6:1 Ratio	Coed
○	Grass Hopper	All levels	4 & 5 year olds	40-minute class	7:1 Ratio	Coed
○	Fire Fly	Adv. levels	3-5 year olds	40-minute class	8:1 Ratio	Coed

➤ **Girl's Gymnastics** – (approximately 37% of class program)

○	Cartwheel	Beginners	Kinder - 12 yrs	55-minute class	8:1 Ratio	Female
○	Flip Flop	Intermediate	Kinder - 12 yrs	55-minute class	8:1 Ratio	Female
○	Aerial 1&2	Advanced	Kinder - 12 yrs	55-minute class	8:1 Ratio	Female

Class Program Overview



- **Ninja Warrior TnT (Trampoline & Tumbling) –** (approximately 12% of class program)
 - Alpha Warrior All levels Kinder - 8 yrs 55-minute class 8:1 Ratio Coed
 - Beta Warrior All levels 9 yrs + 55-minute class 8:1 Ratio Coed

- **Junior Tumbling** (approximately 8% of class program)
 - Junior Tumbling 1 Beginners Kinder-12 yrs 55-minute class 8:1 Ratio Coed
 - Junior Tumbling 2 Int./Adv. Kinder-12 yrs 55-minute class 8:1 Ratio Coed

- **Varsity Tumbling**
 - Varsity Tumbling 1 Beginners 12 - 18 yrs 55-minute class 9:1 Ratio Coed
 - Varsity Tumbling 2 Int./Adv. 12 - 18 yrs 55-minute class 10:1 Ratio Coed

Class Program Overview



- **Roll'n Gym Mobile Gymnastics** (We bring Gymnastics to local Daycare's, Preschool's, etc)
 - Tumble Bugs All levels 2 yrs & up 35-minute class 8:1 Ratio Coed
 - Field Trips All levels 2 yrs & up 1 hr. minimum 15:1 Ratio Coed

Fun Events Overview



➤ Open Gym

- Every Friday Night: 6:30-9:00 pm & Saturday: 1:00-2:30 pm
- 3 yrs old & up (potty trained)
- Friday Night or Saturday is free for class members; Non-members: \$23 Friday/\$23 Saturday

➤ Preschool Open Gym

- Every Friday - 10-11:30 am (Suspended during Summer Months in Lieu of Kid's Camp)
- Up to 5 years old
- Free for class members and Kid's under 14 months old; Non-members: \$15

➤ Homeschool Open Gym (available for homeschoolers, groups, & any individual)

- 1 Day per Week (Typically Monday, 12:30 - 2 pm - Suspended during Summer Months in Lieu of Kid's Camp)
- All Ages
- Free for Homeschool class members; Non-members: \$15/Individual - \$30/family

Fun Events Overview



➤ Skills Clinic

- 1st & 3rd Saturdays of every month - 7:30-8:30 pm
- Kindergarten & up
- Free for class members; \$25 non-members

➤ Birthday Parties

- Every Saturday 2:30-4, 4:30-6, 6:30-8 & Sunday- 1-2:30, 3-4:30, 5-6:30 pm
- All Ages
- Class Members receive a \$100 discount - \$320/; Non-members -Starting at \$420

➤ Parent's Night Out (PNO)

- 3rd Saturday of every Month (most months) - 6-10 pm
- 3 yrs old & up (potty trained)
- \$30/Members; \$40/non-members (\$5 sibling discount)

Fun Events Overview



➤ Kid's Camp

- During Summer Vacation - 8am-5:30pm - ½ day, full day, & extended day options available
- 3 yrs old & up (potty trained)
- \$41-\$71/day; \$149-\$256/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)
- \$35-\$55/day depending on membership status and duration

➤ Other Fun Events

- Olympic Showcase is an event where students showcase their skills to parents, etc. This is typically in April/May. It is structured like a gymnastics meet. Students perform routines.
- P.A.S.S Week (performance, achievement, skills, success) is scheduled 2 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** (Types: Caterpillar/Rolly Poly, Tumble Bugs, School Age)
 - 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)
 - \$100 off Member child's birthday party
 - Discounts on other events (PNO, Camp, KDO, etc.)
 - 10% off membership for additional siblings - 4th+ sibling is free

- **Caterpillar/Rolly Poly Membership**
 - \$84/month (\$150 value)
 - 40-minute Caterpillar or Rolly Poly class every week
 - Includes Preschool Open Gyms (up to 6 hrs/month) (Suspended during Summer months in lieu of Kids Camp)

Membership Packages/Pricing



- **Tumble Bugs Membership**
 - \$117/month (\$231 value)
 - 40-minute Tumble Bugs class every week
 - Includes Preschool Open Gyms (up to 6 hrs/month)
 - Includes Friday Night OR Saturday Open Gym (8-10 hrs/month)

- **School Age Membership**
 - \$129/month (\$211 value)
 - 55-minute Gymnastics/Ninja Warrior TnT/Tumbling class every week
 - Includes Friday or Saturday Open Gym every week (up to 8-10 hrs/month)
 - Includes Skills Clinic (2 hrs/month)

Miscellaneous Information



- Students are charged a \$80 enrollment fee - \$135 maximum/family
- Additional classes can be added on - Members are charged an additional 50%
- Roll'n Gym Mobile Gymnastics Classes - \$69/month - Field Trips - \$175/hour
- 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 allow 1 make-up class/month, with 2 weeks of absence - 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 (\$18-\$39)
- 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 (no make-ups). We also close for Memorial Day, Good Friday, & Labor Day (these classes are eligible for a make-up class).
 - 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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