


Keep Kids Moving!!	Session Schedule 2018		Gym Closures		Contact Us				Annual Membership	
	Jan 7 - Feb 1	Jul 8 - Aug 2	Apr 14th - Apr 20th		864 Industrial Drive Hollister, CA 95023 Phone: (831) 635-0872 Fax: (831) 635-0790 Email: info@usasportshollister.com website: www.usasportshollister.com				\$45 - 1st Child	
	Feb 4 - Mar 1	Aug 5 - Aug 30	Jun 30th - Jul 6th	Nov 24th - Nov 30th					\$35 - 2nd Child	
	Mar 4 - Mar 29	Sep 3 - Sep 27	Dec 22nd - Jan 4th						\$20 - 3+ Children	
	Apr 1 - May 3	Sep 30 - Oct 25	Single Day Closures						\$100 - Family	
	May 6 - May 31	Oct 28 - Nov 22	Feb 18th, May 27th							
Jun 3 - Jun 28	Dec 2 - Dec 20	Sep 2nd, Oct 31th								

2019 Class Schedule

* Requires parent participation

** Indicates "Co-Ed" Classes

MONTHLY TUITION

**PRESCHOOL GYMNASTICS


Programs/Classes	Monday	Instr.	Tuesday	Instr.	Wednesday	Instr.	Thursday	Instr.	Friday	Instr.	1x/wk	2x/wk
* Diaper Dashers (1yr or walking)							9:00-9:50	KL			\$70	\$125
Focuses on building confidence, coordination and social skills by incorporating obstacle courses, tumble track, beams, bars and floor.												
* Tini Tots (2 yr olds)	10:00-10:50 11:00-11:50 5:10-6:00	SL SL KL	10:00-10:50 5:10-6:00	SL KL	10:00-10:50	SL					\$70	\$125
Focuses on building confidence, coordination and social skills by incorporating obstacle courses, tumble track, beams, bars and floor.												
** Kangaroo (3-4 yrs)	10:00-10:50 11:00-11:50 4:00-4:50 5:00-5:50	SL/LIZ LIZ LIZ SL	11:00-11:50 5:00-5:50	SL/LIZ SAM	11:00-11:50 5:00-5:50	SL/SAM SL		4:00-4:50 5:00-5:50		SAM/KB KL/YAS	\$70	\$125
Pre-Beg. Class with an accent on Fun! Introduction to basic gymnastics to improve strength, balance, motor skills, coordination, self-discipline & social skills.												

GIRLS GYMNASTICS

Mighty Mites (4-5 yrs) (by invitation only from Kangaroo)	4:00-4:50 5:00-5:50				4:00-4:50 5:00-5:50	KL NR		5:00-5:50	LIZ		\$70	\$125
A class for the talented and attentive with an emphasis on developing safety, technique and gymnastics skills. Introduction to ALL girl's gym equipment.												
Star 1 (5-8 yrs)	4:00-5:00 5:00-6:00 6:00-7:00	SAM/KB LIZ/LC LC	4:00-5:00	SAM/YAS LC/YAS KL/YAS	4:00-5:00 5:00-6:00 6:00-7:00	ZR/LC LC KL/LIZ	4:00-5:00 5:00-6:00 6:00-7:00	SL/YAS SL/KB KL	4:00-5:00	LC	\$70	\$125
STAR 1 & STAR 2 share the same class structure. -- Beg. Gymnastics that introduces to all gym equip in a structured and positive learning environment.												
Star 2 (9yrs & up)	4:00-5:00	LC	5:00-6:00	LIZ/ZR	4:00-5:00 5:00-6:00 6:00-7:00	LIZ LIZ LC	6:00-7:00	YAS			\$70	\$125
Shooting Star (by invitation only from Star 1&2)	6:00 - 7:00	SL/KB	4:00 - 5:00	LIZ	4:00 - 5:00 5:00-6:00	SAM/NR SAM/ZR	4:00 - 5:00 5:00-6:00	LIZ SAM			\$70	\$125
Increasing focus on technique, safety, strength, flexibility and self-esteem. These classes require evaluations for the move-up process.												
Stripe (by invitation from Shooting Star)	4:00-5:00 6:00-7:00	MIR KL	4:00-5:00	ZR	5:00-6:00		4:00-5:00	MG			\$70	\$125
An advanced beginner gymnastics class that builds on what is already achieved in the Star classes. ALL Stripe classes require evaluations for the move-up process.												
Rainbow (by invitation only from Stripe)							5:00-6:30	SY	4:00-5:30	SAM	\$97	\$169
Requires perfect form on; Front Pullover, Back Walk Over, Cartwheel, Round-Off and visible effort and drive to succeed.												
Liberty (by invitation from Rainbow class)											\$97	N/A

BOYS GYMNASTICS

Dynamo (4-5yrs) (4yrs. by invitation from Kangaroo)					4:00 - 4:50	SL	5:00-5:50	LIZ			\$70	\$125
Introduction to boy's gym equip along with learning technique, safety, balance, flexibility, coordination and motor skills in a positive environment.												
Red Boys (6yrs & up)	4:00-5:00	SL/KL			4:00 - 5:00	SL					\$70	\$125
Beginning Gymnastics that introduces boys to all gym equip in a structured and positive learning environment. By invitation from Dynamo Boys.												
Green Boys (By invitation only)	4:00-5:00	SL/KL									\$70	\$125
Increasing focus on technique, safety, strength, flexibility and self-esteem. By invitation only from Red Boys.												
Blue Boys (By Invitation only)			4:00-5:30	SL							\$97	N/A
Advanced Boys gymnastics. By invitation only from Green Boys.												
Freestyle Warriors (8yrs & up)					6:00-7:00	SL/KM/TK					\$60	N/A
FUN workout with Strength Training, Tumbling, Rope Climb, Rock Wall, Flipping and more!												

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2019 Class Schedule Continued

Additional Classes											MONTHLY TUITION	
Programs/Classes	Monday	Instr.	Tuesday	Instr.	Wednesday	Instr.	Thursday	Instr.	Friday	Instr.	1x/wk	2x/wk
Cheer Tumbling <i>Beg-Int (Ages 6+)</i>	6:00-7:00	SAM	6:00-7:00	SAM							\$70	\$125
Tumb/Tramp <i>Beg-Int (Ages 5+)</i>							6:00-7:00	SAM/KB			\$70	\$125
Teen Tumbling <i>(Ages 12+)</i>					6:00-7:00	SAM					\$70	\$125
In addition to being a fun way to stay in shape and learn tumbling skills, tumbling classes are a great supplement for gymnastics, cheer, dance or martial arts. Along with technique, safety, flexibility, strength and self-esteem: students gain skills in Round-Offs, Hand Stands, Back Handsprings and Cartwheels, etc.												
Spartan Training (Ages 7+)									4:00-5:00	KL/TK	\$55	N/A
FUN workout with Strength Training, Games, Relay Races, Scatterball, Hockey & Much More.												
Home School P.E. (Ages 5+)					12:00-1:00	SL/SAM/L IZ					\$45	N/A

USA Sports Pre-Team Junior Olympic Gymnastics

Programs/Classes	Monday	Instr.	Tuesday	Instr.	Wednesday	Instr.	Thursday	Instr.	Friday	Instr.	1x/wk	2x/wk
Pre-Team Level 1			3:30-5:00	MG			3:30-5:00	SY			N/A	\$155

HIP HOP BY KRISUAN ROSALEJOS

Programs/Classes	Monday	Instr.	Tuesday	Instr.	Wednesday	Instr.	Thursday	Instr.	Friday	Instr.	1x/wk	2x/wk
Hip Hop 1 (Ages 5-10)	5:00-6:00	KR									\$65	N/A
Hip Hop 2 (Ages 11-13)	6:00-7:00	KR									\$65	N/A
Hip Hop 3 (Ages 14+)	7:00-8:00	KR									\$65	N/A
Sonic Boom Crew (Invite Only)	8:00-9:00	KR									\$65	N/A

Headley Martial Arts

Programs/Classes	Monday	Instr.	Tuesday	Instr.	Wednesday	Instr.	Thursday	Instr.	Friday	Instr.	1x/wk	2x/wk
Karate (Ages 3-5)			5:00-5:30	MH			5:00-5:30	MH			N/A	\$95
Karate (Ages 6-8)			5:30-6:15	MH			5:30-6:15	MH			N/A	\$95
Karate (Ages 9+)			6:30-7:15	MH			6:30-7:15	MH			N/A	\$95

*** Class Cancellations**

Classes may be cancelled due to low enrollment or if nobody shows up for class within the first 15 minutes of class.

*** Schedule Updates**

Schedules will be updated, as needed. Please call for the most up-to-date information

Class not open yet, taking waiting list	New class	Two class levels merged into one class Class cancelled: low enrollment or summer
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