

## ATTENDANCE

As with all sports, the more often you train, the faster you will progress. We recommend that your gymnast attend every scheduled practice on time. There are no consequences, beyond affecting his or her progress, for a missing a practice. We offer monthly make-up days on the last Friday of the month. Please call the office to sign up for a make-up class.

Gymnastics is a year-round sport and "taking a month off" or "taking the summer off" is not recommended.



## EXHIBITION

At the end of our school-year semester, all gymnasts are encouraged to perform at our annual Exhibition. Your child is a part of a team which counts on him or her, so please make every effort to attend! A separate leotard will be available for this event, and information about purchasing this leo will be provided prior to Exhibition Day.



## FAQ'S

### Do you offer free trial classes?

Yes, we have one risk-free trial class at no charge!

### What will happen if I miss a class?

Actively enrolled students who miss a class due to illness or emergency can sign up for our monthly makeup day. This is usually the last Friday of each month. Call the office to sign up!

### What does my child need to wear?

No socks or shoes! A leotard is preferred, but required for pre-team and team groups. Boys wear athletic shirts and shorts.



## IMPORTANT DATES

First Day of Class  
September 5, 2023

Exhibition Days  
June 1 & June 2, 2024

Session Ends  
August 31, 2024



## CLOSINGS

October 31, 2023  
November 23 & 24, 2023  
December 9 & 10, 2023  
December 24, 2023 - January 1, 2024  
March 29 - April 1, 2024  
May 27, 2024  
July 4, 2024

## MAKE-UP DAYS

2023  
September 29  
October 27  
November 17  
December 22

2024  
January 26  
February 23  
March 22  
April 26  
May 31

Our mission is to provide the highest quality gymnastic training to children of all ages and levels in a safe, positive and stimulating environment while developing strong and happy young people of good character and good sportsmanship.



**HIGH POINT**  
**GYMNASTICS**

3530 N. Main St. / High Point, NC 27265  
highpointgymnasticsacademy@gmail.com  
[www.highpointgymnastics.com](http://www.highpointgymnastics.com)

**CALL 336-869-3589 TODAY**  
**to set up your free trial class!**



MAKE GYMNASTICS A  
**HIGH POINT**  
IN YOUR LIFE  
2023-2024



## CLASSES FOR BOYS & GIRLS OF ALL AGES

Gymnastics is an excellent way for children to gain confidence and build self-esteem while improving their strength, balance, flexibility and endurance. Gymnastics also develop self-discipline, time management skills, focus and concentration. Come join us at HPGA, where we've been working hard to help make gymnastics a high point in your and your children's lives since 1986.

## ENROLLMENT INFORMATION

Online is the quickest way! In person and by phone, we'll walk you through the procedures. We are a year-round school with no long-term commitments. You may enroll or unenroll anytime. Tuition is prorated in weekly increments based on your enrollment dates.

## MONTHLY TUITION

Tuition is paid monthly via direct debit from any major credit or debit card on the 5th day of each month. Declined payments (expired card, etc.) must be remedied on or before the 15th day of the month or a \$15 late fee will be added. We do not charge more for "long" months or less for "short" months. Over the year, all 12 months average four weeks.

# HIGH POINT GYMNASTICS

## MONTHLY TUITION

Registration fee is ~\$60 per year. Proration available.

### Class Length/Week: Cost/Month:

50 minutes.....	\$85.00
55 minutes.....	\$95.00
1 hour.....	\$105.00
1 ½ hours.....	\$135.00
3 hours.....	\$195.00

### MULTIPLE REGISTRATIONS DISCOUNT

\$5 sibling discount for registration and tuition  
\$5 discount for each additional class.

**New Class Schedule Begins**  
September 5, 2023 through August 31, 2024  
Exhibition Days: June 1 & June 2, 2024

## TUMBLEBUNNIES

50 min/week	Mommy & Me (18 mths - 3 yrs)
Thursday	9:00am-9:50am
Saturday	9:30am-10:20am
50 min/week	Pre-K Bouncers (3 - 4 yrs)
Monday	5:30pm-6:20pm
Tuesday	4:30pm-5:20pm, 5:30pm-6:20pm
Wednesday	5:30pm-6:20pm
Thursday	10:00am-10:50, 4:30pm-5:20pm
Saturday	10:30am-11:20am
55 min/week	Kinder Springers (4 - 5 yrs)
Monday	4:30pm-5:25pm, 6:30pm-7:25pm
Tuesday	6:30pm-7:25pm
Wednesday	4:30pm-5:25pm, 6:30pm-7:25pm
Thursday	11:00am-11:55am, 5:30pm-6:25pm, 6:30pm-7:25pm
Saturday	11:30am-12:25pm

## DEVELOPMENTAL TEAM

1 hour/week	Advanced Pre-K (3-5 yrs)
Tuesday	4:00pm-5:00pm
Thursday	5:00pm-6:00pm
3 hours/week	Mini Hoppers* (4 - 5 yrs)
Monday or Wednesday	6:00pm-7:30pm
3 hours/week	Mighty Hoppers* (4 - 6 yrs)
Monday & Wednesday	4:30pm-6:00pm, 6:00pm-7:30pm
3 hours/week	Super Hoppers* (6 - 10 yrs)
Monday & Wednesday	4:30pm-6:00pm, 6:00pm-7:30pm

\* Team-track classes: Instructor evaluation & placement required. Participation in these classes may lead into a competitive team program.



**Set Up Your Free Trial Class Today!**

**CALL 336-869-3589**

**OR VISIT** [highpointgymnastics.com](http://highpointgymnastics.com)

## GIRLS' GYMNASTICS

1 hour/week	Level 1 (6+ yrs)
Monday	3:30pm-4:30pm
Tuesday	4:00pm-5:00pm, 6:30pm-7:30pm
Wednesday	3:30pm-4:30pm
Thursday	4:00pm-5:00pm, 5:00pm-6:00pm
Saturday	10:30pm-11:30pm
1 hour/week	Level 1 (8+ years)
Tuesday	7:30pm-8:30pm
1 ½ hours/week	Level 2 (6+ yrs)
Monday	4:30pm-6:00pm, 6:00pm-7:30pm
Tuesday	5:00pm-6:30pm
Thursday	6:00pm-7:30pm
Saturday	11:30am-1:00pm
1 ½ hours/week	Level 3 (6+ yrs)
Monday	6:00pm-7:30pm
Tuesday	5:00pm-6:30pm
Wednesday	4:30pm-6:00pm, 6:00pm-7:30pm
1 ½ hours/week	Tumbling* (6+ yrs)
Saturday	9:00am-10:30am

\* Gymnasts must be able to complete a forward roll and a cartwheel to join the Tumbling class.

## BOYS' GYMNASTICS

1 hour/week	Beginner (ages 6+)
Thursday	4:00pm-5:00pm
1 ½ hours/week	Intermediate (ages 6+)
Thursday	6:00pm-7:30pm

## HOMESCHOOL GYMNASTICS

1 hour/week	Co-Ed Homeschool
Wednesday	10:00am-11:00am, 11:00am-12:00pm