

Arena's Programs...

We offer extensive programs for all ages and various levels in artistic gymnastics.

Our programs include:

◆ Land of the Younger Classes

For children 18 months to 6 years old. Children learn basic gymnastics skills through use of obstacle courses and apparatus. Also we focus on teaching eye-hand coordination, rhythm, cooperation in working with others, and a variety of behavioral objectives.

◆ Recreational Classes

For children 6 to 18 years old, divided into three levels for girls, and boys (beginners through advanced). Students learn basic through advanced gymnastics skills in a progressive manner performing all events, trampolines, and other apparatus.

◆ JOGA Competitive Team

At this level students learn advanced skills and movements of all Olympic events through the use of all apparatus and trampolines. These skills are put into combinations and routines. Gymnasts have the opportunity to participate in JOGA League competitions.

◆ USAG Competitive Team

This program is for gymnasts that exhibit physical ability and commitment to train for and participate in USA Gymnastics competitions.

Arena's Recreational Classes...

Classes are scheduled on a ten-week session basis, meeting once a week. Additional classes are an option for those wishing to attend more frequently. Classes are small; 6-7 children per class in preschool program, and 8 children per class in levels 1- 4. For your convenience we provide make-ups for missed classes (limit 2 per session).

2008-2009 CLASS SCHEDULE

LAND OF THE LITTLES (18 mo. – 36 mo. old 45 minutes) *

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:00 a.m.		9:00 a.m.		9:00 a.m.	9:00 a.m.

LAND OF THE ROLLERS (3-5 years old 1 hour)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	9:00 a.m.			9:00 a.m.	9:00 a.m.
1:00 p.m.	10:00 a.m.	10:00 a.m.		10:00 a.m.	10:00 a.m.
2:00 p.m.		1:00 p.m.	2:00 p.m.	1:00 p.m.	11:00 a.m.
4:00 p.m.		4:00 p.m.		4:00 p.m.	
	5:00 p.m.		5:00 p.m.		

LAND OF THE JUMPERS (4-6 years old 1 hour)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	9:00 a.m.			9:00 a.m.	9:00 a.m.
	10:00 a.m.	10:00 a.m.		10:00 a.m.	10:00 a.m.
	1:00 p.m.		1:00 p.m.		11:00 a.m.
	2:00 p.m.	2:00 p.m.		2:00 p.m.	
4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	
5:00 p.m.		5:00 p.m.		5:00 p.m.	

LEVEL 1 Girls (Beginners 1 hour)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	9:00 a.m.
5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.	10:15 a.m.
5:15 p.m.	5:15 p.m.	5:15 p.m.	5:15 p.m.	5:15 p.m.	11:00 a.m.
					11:15 a.m.

LEVEL 2 Girls (Advanced Beginners 1 hour 15 minutes)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	4:00 p.m.	4:00 p.m.		4:00 p.m.	9:00 a.m.
5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.	5:00 p.m.	9:45 a.m.
					10:00 a.m.
					11:15 a.m.

LEVEL 3 Girls (Advanced 1 hour 30 minutes)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 p.m.		5:00 p.m.	5:00 p.m.		9:00 a.m.
					10:30 a.m.

BOYS CLASSES (1 hour)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 p.m.		4:00 p.m.		4:00 p.m.	
5:00 p.m.		5:00 p.m.		5:00 p.m.	

* - 45 min. class

** - Boys and Girls combined

Arena's Staff...

We are proud of having a knowledgeable staff whose primary concern is your child's needs. Our staff members have credentials in Physical Education, and are Safety Certified. They are professional members of the USA Gymnastics Federation and have gone through an extensive training in teaching all levels of gymnastics.

Class Fees...

Land of the Littles	\$150/ten-week session
2 nd child	\$135/ten-week session
All One Hour Classes	\$180/ten-week session
2 nd child	\$162/ten-week session
Level 2 Classes	\$215/ten-week session
2 nd child	\$194/ten week session
Level 3 Classes	\$240/ten-week session
2 nd child	\$216/ten-week session

Full year commitment discounts are available.

Note: There is a Registration and Insurance Fee of \$45 per school year for each child enrolled and you will receive a complimentary **Arena T-shirt**.

Deposit: There is a Security Deposit of \$72 (per family). The deposit ensures continuity as we automatically enroll your child for the next session throughout the year. The deposit is refundable with valid cancellation or may be applied towards the balance of the last session.

No Deposit is required with full year payment.

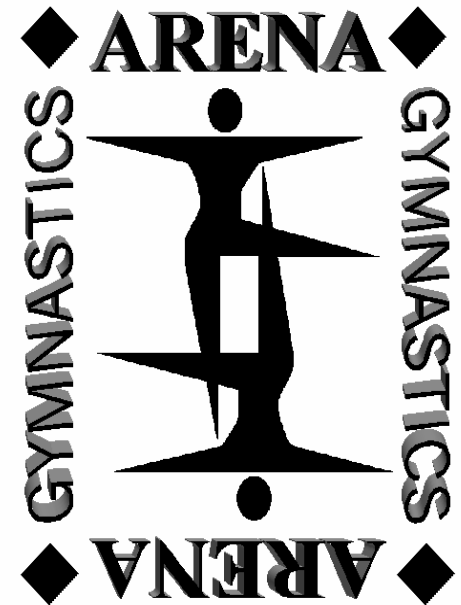
**Space in the Program is limited.
Enroll your child early!!**

**We offer
BIRTHDAY PARTIES**



**ARENA
GYMNASTICS**
University Park Plaza
745 Alexander Road
Princeton, NJ 08540

**1995 - 2009
14 YEARS OF ENRICHING LIVES
THROUGH THE SPORT OF GYMNASTICS**



**2008 - 2009
SCHOOL YEAR
PROGRAM**

**FOR MORE INFORMATION
PLEASE CALL OUR OFFICE
OR VISIT WEB SITE**

(609) 951-9868

www.arenagymnastics.com