

# TROUSDELL GYMNASTICS CENTER

## Winter/Spring 2017 Schedule

Tuesday, Jan. 17 – Saturday, April 22, 2017

326 John Knox Rd Tallahassee FL 32303 (850) 891-4908



**Hours of Operation during Session:**  
 Monday-Thursday 1:00pm – 9:00pm  
 Friday 1:00 – 6:30pm  
 Saturday 8:30am – 1:00pm

**Gym Closures this session:**  
 Monday, January 16, 2017 – Martin Luther King, Jr. Day  
 Saturday, February 11, 2017 – Capital City Cup Men's Gymnastics Meet  
 Monday-Saturday, March 13-18, 2017 – Collegiate & Leon County Spring Break

**Primary Registration:** Mail to address above, or drop off at TGC no later than **12 Noon Saturday, Dec. 3, 2016.**  
**No primary registrations will be accepted after close of business on December 22, 2016**

**IMPORTANT REMINDERS:**

- \* This registration is **ONLY** for participants enrolled in the **Fall 2016 session**, and their siblings.
- \* **YOU MAY NOT SKIP A SESSION AND STILL BE ELIGIBLE FOR PRIMARY REGISTRATION.**
- \* **PAYMENT**-Class fees must be paid at the time of registration with a **check or money order (payable to the City of Tallahassee)**, or by MasterCard or Visa.
- \* **CASH cannot be accepted during Primary Registration.**
- \* All registration forms are **given a random number** for entry into the database (i.e. this is NOT a "first come, first served" registration).
- \* **The Primary Registration lottery system WILL NOT GUARANTEE a certain time, therefore it is important to give three class choices on your registration form.**
- \* **Results of Primary Registration will be posted on the front door of the gym: Monday, January 2, 2017.**
- \* **You will be notified by phone ONLY IF YOU DO NOT receive one of your 3 choices.**

**Secondary Registration:** For those on the Secondary Registration List

This registration is for those **who are not currently taking classes at the Trousdell Gymnastics Center during the Fall 2016 session.** Please call the gym at (850) 891-4908 after 1 PM weekdays to see if there is space remaining on the list. If space is available, you will receive the dates & times of the registration. Note: after you are placed onto the list, you will come to the gym (326 John Knox Road) in person on the date of the registration to complete the signup process.

**Important Reminders for All Registrations:**

- To be correctly processed, completely fill out each item on the Class Request Form. Read each section carefully. Try to fill out the Registration section with **THREE DIFFERENT CHOICES**. We use the **CLASS NUMBER** when processing the registration forms, so be sure to double-check your class numbers to avoid errors in copying from the schedule.
- **Please complete a registration form for each class you are registering for.** For example, if one child is registering for two different classes, you must fill out **2 separate class registration forms**.
- For further information please call 891-4908 or, if utilizing the TDD accommodations call 711.
- **No Refunds given after second week of classes and no make-ups the 1<sup>st</sup> week of classes.**
- The City of Tallahassee, Dept. of Parks, Recreation and Neighborhood Affairs reserves the right to photograph/videotape facilities, activities, and program participants for potential future use. All photos/footage will remain the property of the Dept. of Parks, Recreation and Neighborhood Affairs and may be used for publicity or promotion purposes only.

**Attire for Classes (NO JEWELRY)**

**Girls:** Leotards, bare feet (in class only), long hair in ponytail or pigtails. Use just a covered rubber band, not the ponytail holder with hard plastic balls, elaborate bows, or headbands.

**Boys:** Gym shorts, sweat pants, t-shirt, bare feet (in class only). No clothing that contains zippers snaps, or buttons should be worn.

**Dance:** BALLET/JAZZ: Solid black or pink leotard, pink tights, & the appropriate class shoes, i.e. ballet shoes for ballet, CHEER DANCE/ HIP HOP: shorts, t-shirt, tennis shoes and socks. Twinkle Toes: Ballet and/or dance/gymnastics attire.

| <i>Hours per Week</i> | <i>Classes</i>   | <i>Fees</i>    |
|-----------------------|--|----------------|
| <u>½ hour/week</u>    | <b>All preschool classes</b> (Explorers, Navigators, Superman, Superstar and Twinkle Toes) | <b>\$45.00</b> |
| <u>55min/week</u>     | <b>All classes meeting once a week for 55 min.</b> (including gymnastics & dance)          | <b>\$55.00</b> |
| <u>55min/2x week</u>  | <b>All classes meeting twice a week for 55 min.</b>  | <b>\$80.00</b> |
| <u>3 hours/week</u>   | <b>Kips, Flyers B, Adult Ballet, Ironman II</b>  | <b>\$90.00</b> |
| <u>4 hours/week</u>   | <b>Aerials, Twister, Flyers C</b>  | <b>\$95.00</b> |
| <u>Adaptive</u>       | <b>Adapted Gymnastics -classes for children with Special Needs</b>                         | <b>\$65.00</b> |

# Trousdell Gymnastics Center - Winter/Spring 2017

## GIRLS Gymnastics

| Beginner 1 (6-9yrs) |             |                |
|---------------------|-------------|----------------|
| D1330               | Mon & Wed   | 3:30-4:25      |
| D1331               | Monday      | 3:30-4:25      |
| D1430               | Mon & Wed   | 4:30-5:25      |
| D1636               | Monday      | 6:30-7:25      |
| D2230               | Tuesday     | 2:30-3:25      |
| D2330               | Tue & Thurs | 3:30-4:25      |
| D2430               | Tuesday     | 4:30-5:25      |
| D2500               | Tuesday     | 5:00-5:55      |
| D2705               | Tuesday     | 7:00-7:55      |
| D3501               | Wednesday   | 5:00-5:55      |
| D3636               | Wednesday   | 6:30-7:25      |
| D4531               | Thursday    | 5:30-6:25      |
| D5330               | Friday      | 3:30-4:25      |
| D5332               | Friday      | 3:30-4:25      |
| D5430               | Friday      | 4:30-5:25      |
| D5530               | Friday      | 5:30-6:25      |
| D6900               | Saturday    | 9:00-9:55 am   |
| D6100               | Saturday    | 10:00-10:55 am |
| D6102               | Saturday    | 10:00-10:55 am |
| D6118               | Saturday    | 11:00-11:55 am |

| Beginner 2 (6-9yrs) |             |                |
|---------------------|-------------|----------------|
| D1332               | Mon & Wed   | 3:30-4:25      |
| D1432               | Mon & Wed   | 4:30-5:25      |
| D1500               | Monday      | 5:00-5:55      |
| D2332               | Tue & Thurs | 3:30-4:25      |
| D2530               | Tuesday     | 5:30-6:25      |
| D3330               | Wednesday   | 3:30-4:25      |
| D4231               | Thursday    | 2:30-3:25      |
| D4431               | Thursday    | 4:30-5:25      |
| D4501               | Thursday    | 5:00-5:55      |
| D5331               | Friday      | 3:30-4:25      |
| D5431               | Friday      | 4:30-5:25      |
| D5531               | Friday      | 5:30-6:25      |
| D6901               | Saturday    | 9:00-9:55 am   |
| D6101               | Saturday    | 10:00-10:55 am |
| D6108               | Saturday    | 10:00-10:55 am |

| Intermediate 1 (6-9yrs) |             |              |
|-------------------------|-------------|--------------|
| D1334                   | Mon & Wed   | 3:30-4:25    |
| D1531                   | Mon & Wed   | 5:30-6:25    |
| D2334                   | Tue & Thurs | 3:30-4:25    |
| D5335                   | Friday      | 3:30-4:25    |
| D5435                   | Friday      | 4:30-5:25    |
| D6902                   | Saturday    | 9:00-9:55 am |

| Intermediate 2 (6-9yrs) |             |           |
|-------------------------|-------------|-----------|
| D1434                   | Mon & Wed   | 4:30-5:25 |
| D2335                   | Tue & Thurs | 3:30-4:25 |
| D2532                   | Tue & Thurs | 5:30-6:25 |

| Flyers A (9-13yrs) |             |                |
|--------------------|-------------|----------------|
| D1339              | Mon & Wed   | 3:30-4:25      |
| D1536              | Mon & Wed   | 5:30-6:25      |
| D2432              | Tue & Thurs | 4:30-5:25      |
| D2708              | Tue & Thurs | 7:00-7:55      |
| D5432              | Friday      | 4:30-5:25      |
| D5433              | Friday      | 4:30-5:25      |
| D6903              | Saturday    | 9:00-9:55 am   |
| D6112              | Saturday    | 11:00-11:55 am |

| Flyers B (9-13yrs) |             |           |
|--------------------|-------------|-----------|
| D1200              | Mon & Wed   | 2:00-3:25 |
| D1533              | Mon & Wed   | 5:30-6:55 |
| D1600              | Mon & Wed   | 6:00-7:25 |
| D1730              | Mon & Wed   | 7:30-8:55 |
| D2534              | Tue & Thurs | 5:30-6:55 |
| D2601              | Tue & Thurs | 6:00-7:25 |
| D2730              | Tue & Thurs | 7:30-8:55 |

| Teen Girls (14-17yrs) |           |           |
|-----------------------|-----------|-----------|
| D1800                 | Mon & Wed | 8:00-8:55 |

| Girls Flight Programs - Recom. Only Classes |             |           |
|---|-------------|-----------|
| Flippers (Recom. Only)                      |             |           |
| D1335                                       | Mon & Wed   | 3:30-4:25 |
| D1435                                       | Mon & Wed   | 4:30-5:25 |
| D2439                                       | Tue & Thurs | 4:30-5:25 |
| D2630                                       | Tue & Thurs | 6:30-7:25 |

| Kips (Recom. Only) |             |           |
|--------------------|-------------|-----------|
| D1336              | Mon & Wed   | 3:30-4:55 |
| D1639              | Mon & Wed   | 6:30-7:55 |
| D2336              | Tue & Thurs | 3:30-4:55 |
| D2438              | Tue & Thurs | 4:30-5:55 |

| Flyers C (9-15yrs)(Recom. Only) |             |           |
|---------------------------------|-------------|-----------|
| D1604                           | Mon & Wed   | 6:00-7:55 |
| D2631                           | Tue & Thurs | 6:30-8:25 |

| Aerials (Recom. Only) |             |           |
|-----------------------|-------------|-----------|
| D1433                 | Mon & Wed   | 4:30-6:25 |
| D2338                 | Tue & Thurs | 3:30-5:25 |
| D2435                 | Tue & Thurs | 4:30-6:25 |

## BOYS Gymnastics

| Boys 1 (6-9yrs) |           |              |
|-----------------|-----------|--------------|
| D1337           | Monday    | 3:30-4:25    |
| D1634           | Monday    | 6:30-7:25    |
| D2232           | Tuesday   | 2:30-3:25    |
| D2607           | Tuesday   | 6:00-6:55    |
| D3338           | Wednesday | 3:30-4:25    |
| D3634           | Wednesday | 6:30-7:25    |
| D4233           | Thursday  | 2:30-3:25    |
| D4608           | Thursday  | 6:00-6:55    |
| D5334           | Friday    | 3:30-4:25    |
| D5534           | Friday    | 5:30-6:25    |
| D6904           | Saturday  | 9:00-9:55 am |

| Boys 2 (6-9yrs) |             |                |
|-----------------|-------------|----------------|
| D1436           | Mon & Wed   | 4:30-5:25      |
| D2709           | Tue & Thurs | 7:00-7:55      |
| D5434           | Friday      | 4:30-5:25      |
| D6104           | Saturday    | 10:00-10:55 am |

| Pre-teen Boys (10-13yrs) |             |                |
|--------------------------|-------------|----------------|
| D1736                    | Mon & Wed   | 7:30-8:25      |
| D2805                    | Tue & Thurs | 8:00-8:55      |
| D6114                    | Saturday    | 11:00-11:55 am |

| Teen Boys (14-17yrs) |             |           |
|----------------------|-------------|-----------|
| D2802                | Tue & Thurs | 8:00-8:55 |

| Boys Power Team (strength & cond) |                     |           |
|-----------------------------------|---------------------|-----------|
| C5535                             | Fri. (6-10 yr olds) | 5:30-6:25 |

## Flight Program for Boys IRON MAN - Recommendation Only

| Iron Man 1 (Recom. Only) |             |           |
|--------------------------|-------------|-----------|
| D1534                    | Mon & Wed   | 5:30-6:25 |
| D2337                    | Tue & Thurs | 3:30-4:25 |

| Iron Man 2 (Recom. Only) |             |           |
|--------------------------|-------------|-----------|
| D2437                    | Tue & Thurs | 4:30-5:55 |

## KINDERGARTEN

| KinderGym - Boys and Girls |           |                |
|----------------------------|-----------|----------------|
| K1302                      | Monday    | 3:00-3:55      |
| K1335                      | Monday    | 3:30-4:25      |
| K1400                      | Monday    | 4:00-4:55      |
| K1430                      | Monday    | 4:30-5:25      |
| K1501                      | Monday    | 5:00-5:55      |
| K1531                      | Monday    | 5:30-6:25      |
| K1601                      | Monday    | 6:00-6:55      |
| K1631                      | Monday    | 6:30-7:25      |
| K1701                      | Monday    | 7:00-7:55      |
| K2339                      | Tuesday   | 3:30-4:25      |
| K2400                      | Tuesday   | 4:00-4:55      |
| K2430                      | Tuesday   | 4:30-5:25      |
| K2501                      | Tuesday   | 5:00-5:55      |
| K2531                      | Tuesday   | 5:30-6:25      |
| K2601                      | Tuesday   | 6:00-6:55      |
| K2631                      | Tuesday   | 6:30-7:25      |
| K2701                      | Tuesday   | 7:00-7:55      |
| K3303                      | Wednesday | 3:00-3:55      |
| K3335                      | Wednesday | 3:30-4:25      |
| K3401                      | Wednesday | 4:00-4:55      |
| K3431                      | Wednesday | 4:30-5:25      |
| K3502                      | Wednesday | 5:00-5:55      |
| K3532                      | Wednesday | 5:30-6:25      |
| K3602                      | Wednesday | 6:00-6:55      |
| K3631                      | Wednesday | 6:30-7:25      |
| K3702                      | Wednesday | 7:00-7:55      |
| K4330                      | Thursday  | 3:30-4:25      |
| K4401                      | Thursday  | 4:00-4:55      |
| K4431                      | Thursday  | 4:30-5:25      |
| K4502                      | Thursday  | 5:00-5:55      |
| K4531                      | Thursday  | 5:30-6:25      |
| K4602                      | Thursday  | 6:00-6:55      |
| K4632                      | Thursday  | 6:30-7:25      |
| K4702                      | Thursday  | 7:00-7:55      |
| K5330                      | Friday    | 3:30-4:25      |
| K5400                      | Friday    | 4:00-4:55      |
| K5430                      | Friday    | 4:30-5:25      |
| K5501                      | Friday    | 5:00-5:55      |
| K5531                      | Friday    | 5:30-6:25      |
| K6830                      | Saturday  | 8:30-9:25 am   |
| K6900                      | Saturday  | 9:00-9:55 am   |
| K6930                      | Saturday  | 9:30-10:25 am  |
| K6100                      | Saturday  | 10:00-10:55 am |
| K6103                      | Saturday  | 10:30-11:25 am |
| K6110                      | Saturday  | 11:00-11:55 am |

| Kinder Plus - Girls (Recom. Only) |           |                |
|-----------------------------------|-----------|----------------|
| K1632                             | Monday    | 6:30-7:25      |
| K3632                             | Wednesday | 6:30-7:25      |
| K6112                             | Saturday  | 11:00-11:55 am |

| Kinder Plus - Boys (Recom. Only) |          |           |
|----------------------------------|----------|-----------|
| K4532                            | Thursday | 5:30-6:25 |

| Twisters (Recom. Only) |             |           |
|------------------------|-------------|-----------|
| D1532                  | Mon & Wed   | 5:30-7:25 |
| D1632                  | Mon & Wed   | 6:30-8:25 |
| D2138                  | Tue & Thurs | 1:30-3:25 |
| D2533                  | Tue & Thurs | 5:30-7:25 |
| D2605                  | Tue & Thurs | 6:00-7:55 |

## PRE-SCHOOL Gymnastics

### Parent/Child Classes

| Explorers Gymnastics 2 yrs. |           |                |
|-----------------------------|-----------|----------------|
| W1130                       | Monday    | 1:30-2:00      |
| W1304                       | Monday    | 3:00-3:30      |
| W1438                       | Monday    | 4:30-5:00      |
| W1604                       | Monday    | 6:00-6:30      |
| W1702                       | Monday    | 7:00-7:30      |
| W2132                       | Tuesday   | 1:30-2:00      |
| W2236                       | Tuesday   | 2:30-3:00      |
| W2402                       | Tuesday   | 4:00-4:30      |
| W2537                       | Tuesday   | 5:30-6:00      |
| W2706                       | Tuesday   | 7:00-7:30      |
| W3235                       | Wednesday | 2:30-3:00      |
| W3332                       | Wednesday | 3:30-4:00      |
| W3505                       | Wednesday | 5:00-5:30      |
| W3636                       | Wednesday | 6:30-7:00      |
| W4133                       | Thursday  | 1:30-2:00      |
| W4305                       | Thursday  | 3:00-3:30      |
| W4430                       | Thursday  | 4:30-5:00      |
| W4606                       | Thursday  | 6:00-6:30      |
| W4734                       | Thursday  | 7:30-8:00      |
| W5130                       | Friday    | 1:30-2:00      |
| W5233                       | Friday    | 2:30-3:00      |
| W5437                       | Friday    | 4:30-5:00      |
| W5600                       | Friday    | 6:00-6:30      |
| W6833                       | Saturday  | 8:30-9:00 am   |
| W6106                       | Saturday  | 10:00-10:30 am |
| W6113                       | Saturday  | 11:30 am-noon  |
| W6120                       | Saturday  | 12:00-12:30 pm |

### Navigators Gymnastics 3 yrs.

|       |           |                |
|-------|-----------|----------------|
| T1202 | Monday    | 2:00-2:30      |
| T1234 | Monday    | 2:30-3:00      |
| T1402 | Monday    | 4:00-4:30      |
| T1535 | Monday    | 5:30-6:00      |
| T1733 | Monday    | 7:30-8:00      |
| T2203 | Tuesday   | 2:00-2:30      |
| T2330 | Tuesday   | 3:30-4:00      |
| T2504 | Tuesday   | 5:00-5:30      |
| T2634 | Tuesday   | 6:30-7:00      |
| T2733 | Tuesday   | 7:30-8:00      |
| T3130 | Wednesday | 1:30-2:00      |
| T3203 | Wednesday | 2:00-2:30      |
| T3305 | Wednesday | 3:00-3:30      |
| T3439 | Wednesday | 4:30-5:00      |
| T3605 | Wednesday | 6:00-6:30      |
| T3734 | Wednesday | 7:30-8:00      |
| T4204 | Thursday  | 2:00-2:30      |
| T4237 | Thursday  | 2:30-3:00      |
| T4403 | Thursday  | 4:00-4:30      |
| T4535 | Thursday  | 5:30-6:00      |
| T4707 | Thursday  | 7:00-7:30      |
| T5201 | Friday    | 2:00-2:30      |
| T5302 | Friday    | 3:00-3:30      |
| T5337 | Friday    | 3:30-4:00      |
| T5501 | Friday    | 5:00-5:30      |
| T6906 | Saturday  | 9:00-9:30 am   |
| T6103 | Saturday  | 10:30-11:00 am |

### TWINKLE TOES (3-4yrs Dance)

| Dance/Movement Classes (Parent/Child) |           |                |
|---------------------------------------|-----------|----------------|
| S1430                                 | Monday    | 4:30-5:00      |
| S1501                                 | Monday    | 5:00-5:30      |
| S2636                                 | Tuesday   | 6:30-7:00      |
| S2708                                 | Tuesday   | 7:00-7:30      |
| S3431                                 | Wednesday | 4:30-5:00      |
| S3501                                 | Wednesday | 5:00-5:30      |
| S4532                                 | Thursday  | 5:30-6:00      |
| S4607                                 | Thursday  | 6:00-6:30      |
| S5339                                 | Friday    | 3:30-4:00      |
| S5402                                 | Friday    | 4:00-4:30      |
| S6108                                 | Saturday  | 10:00-10:30 am |
| S6103                                 | Saturday  | 10:30-11:00 am |
| S6118                                 | Saturday  | 11:00-11:30 am |
| S6113                                 | Saturday  | 11:30 am-noon  |

### Superman (4 yr. old Boys, child only)

|        |           |               |
|--------|-----------|---------------|
| C1310  | Monday    | 3:00-3:30     |
| C1331* | Monday    | 3:30-4:00     |
| C1635* | Monday    | 6:30-7:00     |
| C2235  | Tuesday   | 2:30-3:00     |
| C2301  | Tuesday   | 3:00-3:30     |
| C2439* | Tuesday   | 4:30-5:00     |
| C3233  | Wednesday | 2:30-3:00     |
| C3301  | Wednesday | 3:00-3:30     |
| C3536* | Wednesday | 5:30-6:00     |
| C4331* | Thursday  | 3:30-4:00     |
| C4505* | Thursday  | 5:00-5:30     |
| C5231  | Friday    | 2:30-3:00     |
| C5301  | Friday    | 3:00-3:30     |
| C5401* | Friday    | 4:00-4:30     |
| C6832  | Saturday  | 8:30-9:00 am  |
| C6834  | Saturday  | 8:30-9:00 am  |
| C6930* | Saturday  | 9:30-10:00 am |

## ADULT Classes

| Boot Camp - Aerobics                     |             |           |
|--|-------------|-----------|
| S1530                                    | Mon & Wed   | 5:30-6:25 |
| Nia combo: Yoga, Kickboxing, Zumba       |             |           |
| S2638                                    | Tue & Thurs | 6:30-7:25 |
| Gymnastics                               |             |           |
| S1801                                    | Mon & Wed   | 8:00-8:55 |
| Gymnastics Fit (Strength & Conditioning) |             |           |
| S2802                                    | Tue & Thurs | 8:00-8:55 |
| Ballet                                   |             |           |
| S2735                                    | Tue & Thurs | 7:30-8:55 |

## TWEEN DANCE

| Jazz Dance (9-13yrs old)     |          |                |
|------------------------------|----------|----------------|
| S2736                        | Tuesday  | 7:30-8:25      |
| Ballet 1 Beg. (9-13 yrs old) |          |                |
| S6117                        | Saturday | 11:00-11:55 am |
| Hip Hop (9-13yrs old)        |          |                |
| S4437                        | Thursday | 4:30-5:25      |
| S4538                        | Thursday | 5:30-6:25      |
| S5536                        | Friday   | 5:30-6:25      |

## DANCE

| Ballet 1 Beg. (5-8 yrs old)           |             |                |
|---------------------------------------|-------------|----------------|
| S2436                                 | Tuesday     | 4:30-5:25      |
| S3407                                 | Wednesday   | 4:00-4:55      |
| S4335                                 | Thursday    | 3:30-4:25      |
| S5439                                 | Friday      | 4:30-5:25      |
| S6907                                 | Saturday    | 9:00-9:55 am   |
| Ballet 2 (Intermediate - Recom. Only) |             |                |
| S6107                                 | Saturday    | 10:00-10:55 am |
| Ballet 3 (Advanced - Recom. Only)     |             |                |
| S2735                                 | Tue & Thurs | 7:30-8:55      |

| Hip Hop Dance (5-8yrs old) |           |              |
|----------------------------|-----------|--------------|
| S2537                      | Tuesday   | 5:30-6:25    |
| S3337                      | Wednesday | 3:30-4:25    |
| S5438                      | Friday    | 4:30-5:25    |
| S6908                      | Saturday  | 9:00-9:55 am |

| CHEER                    |         |           |
|--------------------------|---------|-----------|
| Cheer Dance (5-8yrs old) |         |           |
| S1405                    | Monday  | 4:00-4:55 |
| S2530                    | Tuesday | 5:30-6:25 |
| S5338                    | Friday  | 3:        |