



Pre – Flight

Class Schedule
walking to 6 yrs

	Parent & Me walking -3yrs	Red Robins 3— 5yrs	Blue Jays 4—6yrs	Eagles and Hawks
MON	6:00	10:45	7:00	4:00E
TUE		4:45	4:45 7:00	
WED		5:45 6:30	5:45 6:30	3:45E
THU		5:45	4:45	
FRI	10:30	4:00	5:00	
SAT	9:00	9:45 10:45 11:45	9:45 10:45	
SUN			9:15a	



High Flyers

Class Schedule
6 yrs and Older



	GIRLS				BOYS		
	Lvl 1	Lvl 2	Lvl 3 2 hr	Lvl 4 2 hr	Lvl 1	Lvl 2	Lvl 3 1.5 hr
MON	4:45 6:00	4:00 4:45 6:00	4:30		3:45	4:45	
TUE	4:45 5:45	4:45 5:45	5:45	5:45		4:45	4:45
WED	3:45 4:45 5:45	4:45			3:45		
THU	3:45 5:45	4:45 5:45	5:45	5:45	4:00	5:15	
FRI	4:45 6:00 7:00	5:45	5:45		5:45	3:45	3:45
SAT	9:45 10:45 11:45	10:45 11:45	9:00		9:45 10:45	12:00	
SUN	10:00	10:00					

Class Descriptions :

Pre —Flight: Gymnastics walking—6 yrs

"Parent & Me" walking—3 :

This class is a parent participation class. Parents will be guided to help their children explore, learn, and play on age appropriate obstacle courses and equipment.

"Red Robins" 3 — 5 yrs : & "Blue Jays" 4 —6 yrs :

These classes will teach students basic skills on all gymnastics apparatus. Children will work on listening skills, body awareness, motor skills, coordination and strength. These classes are 45 mins.

"Eagles (girls) & Hawks (boys)" 4 – 6 yrs.:(by teacher approval)

This class is taught at a faster pace and focuses on more advanced skills. These classes are 45 mins.

High Flyers : Gymnastics ages 6yrs and up

Girls and Boys recreation classes are divided by levels 1 though 4. Each level is designated by skills sets (including conditioning and flexibility), Levels vary in length of time, some levels require participation 2 days a week.

OTHER CLASSES:

Special Needs

A parent participation class for children with special needs
Saturday 9:00 -- 9:45 am (\$85)

Trampoline & Tumbling: ages 10 and up

Tuesday 7:15 -- 8:30 pm Thursday 7:15 -8:30 pm (\$85)

Tricking Classes:

Ages 6 and up. Beginner & Intermediate classes (\$75)
Martial arts tricking or sometimes known as tricking is a combination of gymnastics, martial arts, and b-boying or bread dancing. The martial arts components takes disciplines from taekwondo, capoeira and wushu or kung fu. It consists of a combination of kicks, flips, and twists.

Tuesday 6:15 – 7:45 pm

Thursday 6:15 – 7:45 pm

Developmental and Competitive Teams

-By coach invitation only



Top Flight Gymnastics

5127 Mowry Ave. Fremont, CA 94538

<u>Class Type</u>	<u>Monthly Fees:</u>	
	1x	2x
PARENT & ME	\$44	
RED ROBINS	\$75	\$119
BLUE JAYS	\$75	\$119
<u>Girls:</u>		
Level 1 (1hr)	\$85	\$130
Level 2 (1hr)	\$85	\$130
Level 3 (2hrs)	\$130	\$179
Level 4 (2hrs)	\$130	\$179
<u>Boys:</u>		
Level 1 (1hr)	\$85	\$130
Level 2 (1 hr)	\$85	\$130
Level 3 (1.5hr)	\$110	\$140

Enrollment Fees:
Enrollment at Top Flight consist of a Registration fee of \$45, (\$75 for family) and the prorated balance of the billing cycle. Annual Registration renewal fee \$25, (\$50 for family)

Notes:
Each billing cycle consists of 4 weeks of classes. Additional payment discounts available. Class times and fees are subject to change without notice. 30 day drop notice is required for discontinuing classes.

Sibling discount:
If you have more than one child enrolled in classes at Top Flight, you will receive a sibling discount.

510-796-FLIP (3547)

Call for a Free Trial Today!

www.topflightfremont.net