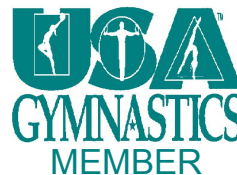




Gymnastics, Cheer & Tumble Summer SCHEDULE



1892 Gen. George Patton Dr.
Franklin, TN 37067
(615) 369-3547
www.lisgym.com

* = Invitation Only

"Quality Family Programs in a Christian Environment Since 1983."
Effective June 3rd - August 7th 2019

Boys & Girls Pre-Recreational (3-5 yrs.)

These exciting classes teach the vital skills of body awareness through building strength, flexibility & self-esteem. Children are taught beginner gymnastics skills while having fun taking part in a plethora of activities!

Morning Director: Natalie.Owen@lisgym.com

Evening Director: Jackie.Yount@lisgym.com

3-5 yrs

High 5's

Monday	Tuesday	Wednesday	Thursday
9:30-10:30 a.m. 10:35 - 11:35 a.m.	9:30-10:30 a.m. 10:35 - 11:35 a.m.	9:30-10:30 a.m. 10:35 - 11:35 a.m.	9:30-10:30 a.m. 10:35 - 11:35 a.m.
4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.	4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.	4:30-5:30 p.m. 5:40-6:40 p.m.	4:30-5:30 p.m. 5:40-6:40 p.m.
Friday 9:30-10:30 a.m. 10:35-11:35 a.m.		Saturday 8:55-9:55 a.m. 10:05-11:05 a.m.	

Monday	Tuesday	Wednesday
10:35 - 11:35 a.m.	10:35 - 11:35 a.m.	10:35 - 11:35 a.m.
4:45 - 5:45 p.m. 5:55 - 6:55 p.m.	4:45 - 5:45 p.m. 5:55 - 6:55 p.m.	4:45 - 5:45 p.m. 5:55 - 6:55 p.m.
Thursday 4:45 - 5:45 p.m. 5:55 - 6:55 p.m.	Friday 10:35-11:35 a.m.	Saturday 8:55-9:55 a.m. 10:05-11:05 a.m.

Girls Recreational (6-13 yrs.)

Jeremy.Smith@lisgym.com

These classes are designed to teach gymnastics skills, ranging from beginner to advanced. This program focuses on teaching progressions in a fun and safe environment, while building strength, flexibility, and coordination.

Beginner

Intermediate *

Advanced *

Monday	Tuesday
4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.	4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.
Wednesday 4:30-5:30 p.m. 5:40-6:40 p.m.	Thursday 4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.

Saturday
8:55-9:55 a.m.
10:05-11:05 a.m.

Monday	Tuesday
5:40-6:40 p.m.	4:30-5:30 p.m. 6:50-7:50 p.m.
Wednesday 5:40-6:40 p.m.	Thursday 4:30-5:30 p.m. 6:50-7:50 p.m.
Friday 4:30-5:30 p.m.	Saturday 8:55-9:55 a.m.

Monday	Tuesday
4:30-5:30 p.m. 6:50-7:50 p.m.	5:40-6:40 p.m.
Wednesday 4:30-5:30 p.m.	Thursday 5:40-6:40 p.m.
Friday 5:35-6:35 p.m.	Saturday 10:05-11:05 a.m.

Boys & Girls Ninjastics (6-13 yrs.)

Tanner.Richards@lisgym.com

Let It Shine's co-ed ninja and gymnastics program is the best of both worlds! Combining ninja warrior activities with fundamental gymnastics exercises, athletes will experience a well-rounded fitness practice. Some obstacles are directly based off the American Ninja Warrior show, while others are a combination of fitness and obstacle training: The Warped Wall, Rope and Ring Swing, Cargo Net, Teeter Totter, CannonBall Alley, etc. Gymnastics stations will include our Trampolines, Tumble Track, and introductory training on a variety of gymnastics apparatus to enhance core strength, balance, and agility. General fitness training (pull-ups, squat jumps, push-ups, etc.) are often a part of the practices. The goal of this program is to have a blast with challenging obstacle courses, strength and conditioning, and practicing fundamental gymnastics flips and tricks.

These classes run at one hour durations, starting with a warm-up and stretch time. Athletes are then divided into groups by skill and age, containing 6-8 athletes. Classes include boys and girls, aging in approximate ranges of 6-12.

Little Ninja 4-7 yr:

Ages 6-12 yr:

Invite Only 6-12 ys

Teen 13-18 yr

Tuesday
10:35-11:35 p.m.

Monday
4:20-5:20 p.m.
5:30-6:30 p.m.

Tuesday
4:20-5:20 p.m.
5:25-6:25 p.m.
6:35-7:35 p.m.

Wednesday
4:20-5:20 p.m.
5:30-6:30 p.m.

Friday
5:30-6:30 p.m.

Thursday
6:40-7:40 p.m.

Friday
3:10-4:10 p.m.

Thursday
4:20-5:20 p.m.
5:30-6:30 p.m.
6:40-7:40 p.m.

Friday
4:20-5:20 p.m.

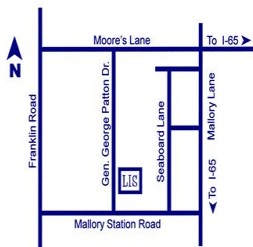
Saturday
9:00-10:00 a.m.
10:10-11:10 a.m.
11:15-12:15 p.m.

Thursday
5:30-6:30 p.m.

Saturday
11:15-12:15 p.m.



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Gymnastics, Cheer & Tumble SCHEDULE

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Check our website for more information on special events such as open plays, clinics, parent's night out, birthday parties & more!

Cheer Tumble (6 yrs & up)

Ben.Satterfield@lisgym.com

This class is for students who want an upper hand in tumbling at all levels. In this program students are taught how to fine tune the tumbling they may already have, while also learning how to construct new skills at a higher level.

Beginner

Monday 4:15-5:15 p.m.
Tuesday 5:30-6:30 p.m.
Wednesday 4:15-5:15 p.m.
Thursday 4:15-5:15 p.m.
Friday 4:15-5:15 p.m.

Intermediate *

Monday 5:30-6:30 p.m.
Tuesday 4:15-5:15 p.m.
Wednesday 5:30-6:30 p.m.
Friday 5:30-6:30 p.m.

Advanced *

Monday 6:45-7:45 p.m.
Wednesday 6:45-7:45 p.m.
Thursday 5:30-6:30 p.m.

Elite *

Tuesday 6:45-7:45 p.m.
Thursday 6:45-7:45 p.m.

Extreme *

Monday 7:30-8:30 p.m.

Trampoline & Tumble (3 yrs & up)

Chris.Adair@lisgym.com

Come join our amazing trampoline and tumbling class where your athlete will soar through the air as they learn to jump, spin, flip and tumble with ease. All skill levels are welcomed from beginner to the most advanced.

Pre-School (3-5 yrs):

Monday 3:00 -4:00 p.m.
Tuesday 4:00-5:00 p.m.
Wednesday 4:00-5:00 p.m.
5:15-6:15 p.m.
6:30-7:30 p.m.
Thursday 4:00-5:00 p.m.
Friday 4:00-5:00 p.m.
5:15-6:15 p.m.
Saturday 9:00-10:00 a.m.
10:00-11:00 a.m.

Beginner (6+)

Monday 4:00-5:00 p.m.
5:15-6:15 p.m.
6:30-7:30 p.m.
Tuesday 4:00-5:00 p.m.
Wednesday 4:00-5:00 p.m.
5:15-6:15 p.m.
6:30-7:30 p.m.
Thursday 4:00-5:00 p.m.
Friday 4:00-5:00 p.m.
5:15-6:15 p.m.
Saturday 9:00-10:00 a.m.
10:00-11:00 a.m.

Advanced (ages 6+)*

Thursday 6:30-8:00 p.m.
Saturday 11:00-12:30 p.m.

Intermediate (ages 6+) *

Tuesday 5:15-6:15 p.m.
6:30-7:30 p.m.
Wednesday 7:30-8:30 p.m.
Thursday 5:15-6:15 p.m.
Friday 6:30-7:30 p.m.
Saturday 11:00-12:00 p.m.

Parent & Child (6-36 months)

Kelly.Boshers@lisgym.com

This class is designed to introduce young children to movement within a gymnastics environment. Students will explore hopping, jumping, climbing, stretching, balancing, swinging, rolling and more.

12-24 Months

Monday 9:35-10:25 a.m.
4:35-5:25 p.m.
Thursday 5:45-6:35 p.m.
Wednesday 9:35-10:25 a.m.
Saturday 8:55-9:45 a.m.

24-36 Months

Monday 10:40-11:30 a.m.
5:45-6:35 p.m.
Tuesday 9:35-10:25 a.m.
Wednesday 10:40-11:30 a.m.
Thursday 9:35-10:25 a.m.
4:35-5:25 p.m.
Saturday 10:05-10:55 a.m.
11:05-11:55 a.m.

Invitation Only *

Tuesday 5:45-6:35 p.m.
Thursday 10:40-11:40 a.m.

Tuition & Fees

Start any time! Tuition will be prorated for the 1st month.
There is an **annual \$50 membership fee per child.**
\$200 Maximum family.

Tuition is due at the 1st of the month with \$15 late fees assessed on the 8th.

We accept all major credit cards, cash & checks.

We offer automatic credit card draft.

Written notice to cancel class is required with 30 days notice. We do not prorate, refund or credit for missed classes. Stop by office or email info@lisgym.com.

Tuition Rates - Based on a 4 weeks per month

\$64/mo for 50 minute classes
\$76/mo for 1 hour classes
\$94/mo for 1-½ hour classes

- 2nd child 20% off tuition
- 3rd child 30% off tuition
- 4th child FREE tuition

Holidays & Closings

There will be no classes on:
May 27 - June 1 (Memorial Day)
July 1 - July 6 (4th of July)
August 8 -10