



(615) 369-3547  
www.lisgym.com

# Gymnastics, Cheer & Tumble

# SCHEDULE

"Quality Family Programs in a Christian Environment Since 1983"



MEMBER

Effective August 7, 2017

☆=Invitation Only

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

These exciting classes teach the vital skills of balance, coordination, body awareness and movement education, building strength, flexibility & self-esteem. Your child will be coached on "custom" sized equipment. They will be taught beginner gymnastics skills and have fun on the super slide, rope swing, parachute & more.

**Monday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
11:30 - 12:30 p.m.  
  
3:15 - 4:15 p.m.  
3:15 - 4:15 Boys  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

**Friday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
10:30 - 11:30 Boys ☆  
11:30 - 12:30 p.m.

**Saturday** 9:00 - 10:00 a.m.  
10:00 - 11:00 a.m.

**Tuesday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
  
3:15 - 4:15 p.m.  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

**High 5's**  
**Monday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
11:30 - 12:30 p.m.

**Wednesday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
11:30 - 12:30 Boys  
12:00 - 1:00 p.m.  
  
3:15 - 4:15 p.m.  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

4:45 - 5:45 p.m.  
5:45 - 6:45 p.m.

**Tuesday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.

**Thursday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.  
  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

4:45 - 5:45 p.m.  
5:45 - 6:45 p.m.

**Wednesday** 4:45 - 5:45 p.m.  
5:45 - 6:45 p.m.

**Thursday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.

4:45 - 5:45 p.m.  
5:45 - 6:45 p.m.

**Saturday** 9:00 - 10:00 a.m.  
10:00 - 11:00 a.m.

### Open Gym:

Friday 9:00 - 10:30 a.m.  
& Wednesday 1:00 - 3:00 p.m.  
Ages 1-6 yr.  
\$8/Child, Cash or Check only

Chantal.Ortega@lisgym.com

### Drop & Shop:

Monday & Wednesday 1:00 - 3:00 p.m.  
Ages 3-6 yr.  
\$12/Child, Must pre-register  
Student fully potty trained

## Boys Recreational (6 – 13 yrs.)

This program aims to introduce and enhance beginner and intermediate gymnastics in a fun and challenging environment. Classes will include a variety of gymnastics exercises and stations geared toward improving over-all athleticism, which will benefit future participation in all sports. Gymnasts will have the opportunity to train on Olympic events such as the rings, bars, floor, vault, and trampolines.

### Beginner:

**Monday** 3:15 - 4:15 p.m.  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.

**Tuesday** 4:30 - 5:30 p.m.  
6:50 - 7:50 p.m.

**Wednesday** 3:15 - 4:15 p.m.  
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.

**Saturday** 10:00 - 11:00 a.m.

### Intermediate: ☆

**Monday** 4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.

**Tuesday** 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.

### Advanced: ☆

**Monday** 4:30 - 5:30 p.m.

**Tuesday** 5:40 - 6:40 p.m.

**Thursday** 4:30 - 5:30 p.m.

### Elite: ☆

**Thursday** 6:50 - 7:50 p.m.

Tanner.Richards@lisgym.com

## Girls Recreational (6 – 13 yrs.)

These classes are designed to teach basic through advanced gymnastics skills and progressions in a fun and safe environment. They focus on building strength, flexibility, balance and coordination. In these classes the athletes will experience all of the Olympic events, such as Vault, Uneven Bars, Balance Beam, and Floor Exercise. They will also include the Trampoline and other fun activities.

### Beginner:

**Monday** 3:15 - 4:15 p.m.  
4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

**Tuesday** 4:30 - 5:30 p.m.  
5:40 - 6:40 p.m.  
6:50 - 7:50 p.m.

**Wednesday** 3:15 - 4:15 p.m.  
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** 9:00 - 10:00 a.m.  
10:00 - 11:00 a.m.

### Intermediate: ☆

**Monday** 5:40 - 6:40 p.m.

**Tuesday** 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** 9:00 - 10:00 a.m.

### Advanced: ☆

**Monday** 4:30 - 5:30 p.m.  
6:50 - 7:50 p.m.

**Tuesday** 5:40 - 6:40 p.m.

**Wednesday** 4:30 - 5:30 p.m.

**Thursday** 5:40 - 6:40 p.m.

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

**Saturday** 10:00 - 11:00 a.m.

Jeremy.Smith@lisgym.com

## Co-Ed Home School Recreational (6 – 13 yrs.)

These classes are designed to teach basic through advanced gymnastics skills and progressions in a fun and safe environment. They focus on building strength, flexibility, balance and coordination. In these classes the athletes will experience many of the Olympic events, along with the trampoline and other fun activities.

### Beginner:

**Monday** 2:00 - 3:00 p.m.

**Thursday** 12:00 - 1:00 p.m.

Ben.Satterfield@lisgym.com

### Intermediate: ☆

**Monday** 1:00 - 2:00 p.m.

**Thursday** 1:00 - 2:00 p.m.

### Sports Class

**Tuesday** 11:00 - 12:00 p.m.  
12:00 - 1:00 p.m. age 10+  
Flip Class -

## Co-Ed Ninja Warrior Classes (4 - 13 yrs.)

### Little Ninja 4-5yr:

**Tuesday** 9:30 - 10:30 a.m.  
10:30 - 11:30 a.m.

### Beginner:

**Wednesday** 11:00 - 12:00 p.m.  
3:15 - 4:15 p.m.  
4:15 - 5:15 p.m.  
5:30 - 6:30 p.m.

**Friday** 3:10 - 4:10 p.m.  
4:30 - 5:30 p.m.

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

### Invite Only:

**Wednesday** 12:10 - 1:10 p.m. Int.

**Friday** 5:35 - 6:35 p.m. Int.  
6:40 - 7:40 p.m. Adv.

No Make-Up Classes for  
Ninja Warrior.

Morgan.Greener@lisgym.com

## Little Shiners Club (3-5 yrs.)

The Little Shiners Club is a casual care program for potty-trained children, 3-5 years old. Children receive quality care in a Christian environment, and will experience a variety of learning and gross motor

opportunities in a fun, structured environment.

We use EASY BREEZY curriculum.

Activities will include:

Kindergarten readiness, Social skills development, inside/outside activities,

arts & crafts, and much more!

Classes meet Monday - Friday, 9 a.m. to 3 p.m.

You may enroll 1 or 2 days per week.

1 day costs \$140/month 2 days cost \$240/month

Drop-In \$55.00 (If space is available)

\$45 WITH reservation—Membership fee \$50

## Competitive Teams (6 yrs. & up)

- ◆ We coach **Girls levels 1 through 10** based on the USAG guidelines.
- ◆ **Boys levels 3 through 10** based on the USAG guidelines.
- ◆ We offer the **Trampoline & Tumbling** program for those interested in beginner through upper-level tumbling competition.

Please ask for a Team Schedule for more information.

Our athletes have won over 210 regional & national titles over the past 34 years.

## Emergency Contact#

(615) 545-0488

after office hours

## Holidays and Closings

There will be no classes on:

Sept. 2,4, 2017 (Labor Day)

Nov 22, 23, 24, 25 (Thanksgiving)

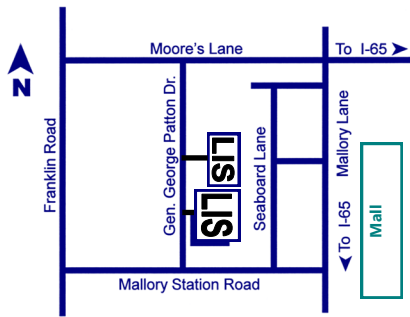
Dec 22 - Jan 2 (Christmas)

March 30 - 31 (Easter)

May 28 (Memorial Day)



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Franklin, TN 37067  
(615) 369-3547  
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### Cheer Tumble (6 yrs & up)

This is a unique class geared for students who want an upper hand on cheerleading tryouts or anyone who just loves to tumble. They will use our tumble track, various mats and spring floors to fine tune their techniques. They will be taught cartwheels through back handsprings!

#### Beginner:

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

#### Advanced: ☆

Monday 6:30 - 7:30 p.m.  
Wednesday 6:30 - 7:30 p.m.  
Thursday 7:30 - 8:30 p.m.

#### Intermediate: ☆

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

#### Elite: ☆

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

*Located in Tumble Gym!*

[Ben.Satterfield@lisgym.com](mailto:Ben.Satterfield@lisgym.com)

### Trampoline & Tumble (3 yrs. & up)

Basic tumbling skills on a "power floor", such as cartwheels, round-offs and back handsprings. Also basic trampoline and double mini trampoline skills such as basic drops, and front flips.

#### Pre-School (3-5 yrs.):

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

*Located in Tumble Gym!*

#### Beginner (6+):

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

#### Elite Preschool (4-5): ☆

Monday 4:15 - 5:15 p.m.  
Friday 5:15 - 6:15 p.m.

#### Pre-Intermediate: ☆

Tuesday 6:15 - 7:15 p.m.  
Thursday 5:15 - 6:15 p.m.

#### Boys Trampoline (6+): ☆

Wednesday 7:15 - 8:15 p.m.

#### Advanced: ☆

Thursday 6:15 - 7:45 p.m.  
Saturday 11:00 - 12:30 p.m.

#### Intermediate: ☆

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

#### Elite: ☆

Tuesday 7:15 - 8:15 p.m.

#### Flip: ☆

Friday 6:15 - 7:15 p.m.

[Chris.Adair@lisgym.com](mailto:Chris.Adair@lisgym.com)

### Make-Up Classes

One per month per student/class  
Please call the office to check availability  
and make a reservation.

### Tuition & Fees

Start any time – tuition will be prorated for 1<sup>st</sup> month.  
There is an **annual \$50 membership fee per child.**  
**\$200.00 Maximum Family membership**

### TUITION RATES

**\$64/mo for Homeschool and 3:15 Classes.**  
**\$62/mo for 50 Minute Class**  
**\$74/mo for 1 hour class**  
**\$92/mo for 1-1/2 hr class**

- 2<sup>nd</sup> child 20% off tuition
- 3<sup>rd</sup> child 30% off tuition
- 4<sup>th</sup> child **FREE** tuition

Tuition statement will be emailed monthly.  
Tuition is due the 1st of the month with late fees assessed on the 8th.

We accept all major credit cards, cash and checks.  
We offer automatic billing by Bank Draft (1st of the month) or Automatic Credit Card (1st of the month) - no statements emailed.

We do NOT pro-rate tuition for missed classes.

**Written notice to cancel required by end of the month prior to month canceling.**  
**Stop by office or email [gyminfo@letitshinegym.com](mailto:gyminfo@letitshinegym.com)**

### Parents Night Out (3 – 12 yrs.)

Children will have fun participating in obstacle courses, Star Castle, Super Slide, Zip Line, Trampoline, Dodge Ball and much more. **Please call 369-3547 for reservations.**

See [www.lisgym.com](http://www.lisgym.com) for schedule  
from 6:30 – 10:00 p.m.

(\$20 reserved • \$25 walk-in)

\*\*\*\*Photo Id required for pick-up\*\*\*\*

Cash or check at the door. No Credit Cards please.

**Now Serving Pizza**

**(Drink & Snack not provided)**



### Birthday Parties (2 yrs. & up)

Celebrate your child's next birthday at Let It Shine!

We offer an exceptional party your child will remember for years to come.

Call our office for more details.

Party times fill up fast – *So don't delay*

\$225.00 non-members \$200.00 members



### Parent & Child (12 – 36 months)

These classes enable the parent to be a friend & supporter to their child. The 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. Listening skills & self-confidence are also part of our main goals. There is very little sitting time in these classes.

#### 6 months - Walking:

Monday 4:35 - 5:25 p.m.  
Tuesday 10:35 - 11:25 a.m.

#### 24-36 months:

Monday 10:35 - 11:25 a.m.  
5:45 - 6:35 p.m.  
Tuesday 9:35 - 10:25 a.m.  
4:35 - 5:25 p.m.

#### 12-23 months:

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

Wednesday 10:35 - 11:25 a.m.  
5:45 - 6:35 p.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.

*Located in Tumble Gym!*

[Kelly.Boshers@lisgym.com](mailto:Kelly.Boshers@lisgym.com)

#### Invitation Only: ☆

Tuesday 5:45 - 6:35 p.m.  
Thursday 11:35 - 12:25 p.m.

### Open Play:

Monday & Wednesday 11:30-1:00 &  
Thursday 6:35 – 8:00 p.m.  
Ages 1 - 6 years  
\$8/Child, Parent participation is required  
Cash/ Check only

### Me Time Camp

Ages 2-5 Years  
Tuesday & Friday 9:00-12:00  
\$25 pre-register  
(\$30 drop in - when room available)

Stop By to Register or Call 369-3547 for More Information.