



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

www.lisgym.com

Gymnastics, Cheer & Tumble SCHEDULE

"Quality Family Programs in a Christian Environment Since 1983."

Effective August 1st, 2018



* = 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!

Morning Director: Natalie.Owen@lisgym.com

Evening Director: Jackie.Yount@lisgym.com

3-5 yrs

Monday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	Tuesday 9:30-10:30 a.m. 10:35-11:35 a.m.	Wednesday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	Thursday 9:30-10:30 a.m. 10:35-11:35 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.	4:30 - 5:30 p.m. 5:40 - 6:40 p.m. 6:50 - 7:50 p.m.	3:15 - 4:15 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. 10:35 - 11:35 *Boys Adv*		Saturday 8:55-9:55 a.m. 10:05-11:05 a.m.	

High 5's

Monday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	Tuesday 10:35 - 11:35 a.m.	Wednesday 10:35 - 11:35 a.m.
4:45 - 5:45 p.m. 5:55 - 6:55 p.m. 6:50 - 7:50 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 9:30 - 10:30 a.m. 10:35 - 11:35 a.m.	Friday 10:35 - 11:35 a.m.	Saturday 8:55 - 9:55 a.m. 10:05 - 11:05 a.m.
4:45 - 5:45 p.m. 5:55 - 6:55 p.m.		

Boys Recreational (6-13 yrs.)

Tanner.Richards@lisgym.com

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. 5:40-6:40 p.m. 6:50-7:50 pm.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 10:05-11:05 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

Girls Recreational (6-13 yrs.)

Jeremy.Smith@lisgym.com

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

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 8:55-9:55 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 5:35-6:35 p.m.	Saturday 10:05-11:05 a.m.

Boys & Girls Ninja Warrior (4-13 yrs.)

Tanner.Richards@lisgym.com

Our Ninja Warrior classes aim to offer children a fun yet rigorous, recreational exercise program! These activities are generated through swinging, balancing, and jumping amongst an array of platforms, equipment, and apparatuses. We have obstacles directly based off of the American Ninja Warrior television series, as well as creating our own arduous collaborations.

Little Ninja 4-6 yr:

Tuesday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m.	Thursday 9:30 - 10:30 a.m. 10:30 - 11:35 a.m.
Friday 3:10 - 4:10 p.m.	

Beginner

Wednesday 11:00-12:00 p.m. 4:20-5:20 p.m. 5:30-6:30 p.m.	Thursday 4:20-5:20 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.

Invite Only *

Wednesday 12:10-1:10 Int	Thursday 5:30-6:30 Int / Adv
Friday 5:30-6:30 Int / Adv	

Teen 12-16 yr:

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

Boys & Girls Home School Recreational (6-13 yrs)

Ben.Satterfield@lisgym.com

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.
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Intermediate

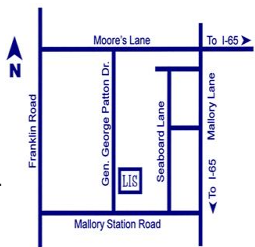
Monday 1:00-2:00 p.m.	Thursday 1:00-2:00 p.m.
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Sports Class

Tuesday (Flip Class) 11:00-12:00 p.m.	Tuesday 12:00-1:00 p.m.
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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 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.

Intermediate *

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

Advanced *

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

Elite *

Tuesday 6:30-7:30 p.m.
Thursday 7:30-8:30 p.m.

Extreme *

Monday 7:30-8:30 p.m.
Tuesday 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 9:30-10:30 a.m.
10:30-11:30 a.m.
3:15-4:15 p.m.
Tuesday 3:15-4:15 p.m.
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 9:30-10:30 a.m.
10:30-11:30 a.m.
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.

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.

Advanced (ages 6+)*

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

Intermediate (ages 6+) *

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

Boys Trampoline (ages 6+)

Wednesday 7:15-8:15 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.

6 Months - Walking Age

Tuesday 10:40-11:30 a.m.

12-24 Months

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

24-36 Months

Monday 10:40-11:30 a.m.
5:45-6:35 p.m.
Wednesday 10:40-11:30 a.m.
Tuesday 9:35-10:25 a.m.
Thursday 9:35-10:25 a.m.
4:35-5:25 p.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(1st of the month)

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 Homeschool & 3:15 classes
\$62/mo for 50 minute classes
\$74/mo for 1 hour classes
\$92/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:

August. 8,9,10,11
Sept. 3 (Labor Day)
Nov. 22, 23, 24 (Thanksgiving)
Dec. 22 - Jan. 4 (Christmas)
April 19-20 (Easter)
May 27 - June 1 (Memorial Day)