



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 January 1, 2020



* = 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. 2:00 - 3:00 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.	Tuesday 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.	Wednesday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m. 3:15 - 4:15 p.m. 4:30 - 5:30 p.m. 5:40 - 6:40 p.m.	Thursday 9:30-10:30 a.m. 10:35-11:35 a.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.	

High 5's *Invite Only*

Monday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m. 4:45 - 5:45 p.m. 5:55 - 6:55 p.m. 6:50 - 7:50 p.m.	Tuesday 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 4:45 - 5:45 p.m. 5:55 - 6:55 p.m.	Wednesday 10:35 - 11:35 a.m. 3:15 - 4:15 p.m. 4:45 - 5:45 p.m. 5:55 - 6:55 p.m.
Thursday 10:35 - 11:35 a.m. 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 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. 6:50-7:50 p.m.	

Intermediate *

Monday 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. 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 3:15-4:15 p.m. 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 an 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:

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

Ages 6-12 yr:

Monday 3:15-4:15 p.m. 4:20-5:20 p.m. 5:30-6:30 p.m. 6:40-7:40 p.m.	Tuesday 4:20-5:20 p.m. 5:25-6:25 p.m. 6:35-7:35 p.m.	Wednesday 11:00-12:00 p.m. 3:15-4:15 p.m. 4:20-5:20 p.m. 5:30-6:30 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.

Invite Only 6-12 yr:

Wednesday 12:10-1:10 p.m.	Thursday 5:30-6:30 p.m.
Friday 5:30-6:30 p.m.	Saturday 11:15-12:15 p.m.

Teen 13-18 yr:

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

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

Jackie.Yount@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

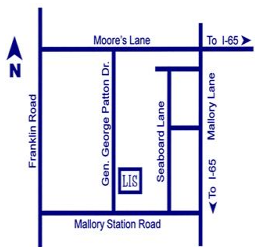
Monday 1:00-2:00 p.m.	Thursday 12:00-1:00 p.m. 1:00 - 2:00 p.m.
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Sports Class

Tuesday(Ninja/Sport) 12:00-1:00 p.m.	Tuesday (Flip Class) 1:00-2:00 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 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 5:30-6:30 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 4:15-5:15 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 4:00 -5:00 p.m.
Tuesday 9:30-10:30 a.m.
10:35-11:35 a.m.
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 9:30-10:30 a.m.
10:35-11:30 a.m.
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.

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.

Advanced (ages 6+)*

Thursday 6:30-8:00 p.m.
Saturday 11:00-12:30 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.
Tuesday 10:40-11:30 a.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.
Tuesday 9:35-10:25 a.m.
Wednesday 10:40-11:30 a.m.
Thursday 9:35-10:25 a.m.
10:40-11:40 a.m.
4:35-5:25 p.m.

Invitation Only *

Tuesday 5:45-6:35 p.m.

Tuition & Fees

Tuition Rates - Based on a 4 weeks per month

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

- \$70/mo for Homeschool & 3:15 classes
- \$68/mo for 50 minute classes
- \$80/mo for 1 hour classes**
- \$98/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:

- April 10-11 (Easter)
- April 29-30 (5th week)
- May 25-30 (Memorial Day)
- June 29-July 4th (4th of July)
- August 7-8
- September 7 (Labor Day)
- September 29-30 (5th week)
- October 29-31 (Halloween)

This facility is not required to be licensed by the state as a child care agency