



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, 2019



\* = 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](mailto:Natalie.Owen@lisgym.com)

Evening Director: [Jackie.Yount@lisgym.com](mailto:Jackie.Yount@lisgym.com)

### 3-5 yrs

<b>Monday</b> 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	<b>Tuesday</b> 9:30-10:30 a.m. 10:35-11:35 a.m.	<b>Wednesday</b> 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	<b>Thursday</b> 9:30-10:30 a.m. 10:35-11:35 a.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.	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.
<b>Friday</b> 9:30 - 10:30 a.m. 10:35 - 11:35 a.m.		<b>Saturday</b> 8:55-9:55 a.m. 10:05-11:05 a.m.	

### High 5's \*Invite Only\*

<b>Monday</b> 9:30 - 10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	<b>Tuesday</b> 9:30 - 10:30 a.m. 10:35 - 11:35 a.m.	<b>Wednesday</b> 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.
<b>Thursday</b> 10:35 - 11:35 a.m.  4:45 - 5:45 p.m. 5:55 - 6:55 p.m.	<b>Friday</b> 10:35- 11:35 a.m.	<b>Saturday</b> 8:55 - 9:55 a.m. 10:05 - 11:05 a.m.

## Girls Recreational (6-13 yrs.)

[Jeremy.Smith@lisgym.com](mailto: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

<b>Monday</b> 3:15-4:15 p.m. 4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.	<b>Tuesday</b> 4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.
<b>Wednesday</b> 3:15-4:15 p.m. 4:30-5:30 p.m. 5:40-6:40 p.m.	<b>Thursday</b> 4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.

### Intermediate \*

<b>Monday</b> 5:40-6:40 p.m.	<b>Tuesday</b> 4:30-5:30 p.m. 6:50-7:50 p.m.
<b>Wednesday</b> 3:15-4:15 p.m. 5:40-6:40 p.m.	<b>Thursday</b> 4:30-5:30 p.m. 6:50-7:50 p.m.
<b>Friday</b> 4:30-5:30 p.m.	<b>Saturday</b> 8:55-9:55 a.m.

### Advanced \*

<b>Monday</b> 4:30-5:30 p.m. 6:50-7:50 p.m.	<b>Tuesday</b> 5:40-6:40 p.m.
<b>Wednesday</b> 3:15-4:15 p.m. 4:30-5:30 p.m.	<b>Thursday</b> 5:40-6:40 p.m.
<b>Friday</b> 5:35-6:35 p.m.	<b>Saturday</b> 10:05-11:05 a.m.

## Boys & Girls Ninjastics (6-13 yrs.)

[Tanner.Richards@lisgym.com](mailto: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:

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

### Ages 6-12 yr:

<b>Monday</b> 3:15-4:15 p.m. 4:20-5:20 p.m. 5:30-6:30 p.m. 6:40-7:40 p.m.	<b>Tuesday</b> 4:20-5:20 p.m. 5:25-6:25 p.m. 6:35-7:35 p.m.	<b>Wednesday</b> 11:00-12:00 p.m. 12:10-1:10 p.m.
<b>Thursday</b> 4:20-5:20 p.m. 5:30-6:30 p.m. 6:40-7:40 p.m.	<b>Friday</b> 4:20-5:20 p.m.	<b>Saturday</b> 9:00-10:00 a.m. 10:10-11:10 a.m. 11:15-12:15 p.m.

### Invite Only 6-12 yr:

<b>Friday</b> 5:30-6:30 p.m.
<b>Thursday</b> 5:30-6:30 p.m.
<b>Saturday</b> 11:15-12:15 p.m.

### Teen 13-18 yr:

<b>Thursday</b> 6:40-7:40 p.m.
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## Boys & Girls Home School Recreational (6-13 yrs)

[Jackie.Yount@lisgym.com](mailto: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

<b>Monday</b> 2:00-3:00 p.m.	<b>Thursday</b> 12:00-1:00 p.m.
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### Intermediate

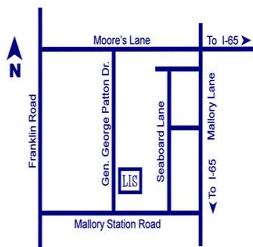
<b>Monday</b> 1:00-2:00 p.m.	<b>Thursday</b> 1:00-2:00 p.m.
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### Sports Class

<b>Tuesday(Ninja/Sport)</b> 12:00-1:00 p.m.	<b>Tuesday (Flip Class)</b> 1:00-2:00 p.m.
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# Gymnastics, Cheer & Tumble SCHEDULE

[www.lisgym.com](http://www.lisgym.com)

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.

### 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.  
**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.  
4:35-5:25 p.m.

### Invitation Only \*

**Tuesday** 5:45-6:35 p.m.  
**Thursday** 10:40-11:40 a.m.  
**Saturday** 10:05-10:55 a.m.  
11:05-11:55 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](mailto:info@lisgym.com).

## Tuition Rates - Based on a 4 weeks per month

\$66/mo for Homeschool & 3:15 classes

\$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:*

August. 8,9,10

Sept. 2 (Labor Day)

Oct. 29-31 (Halloween)

Nov. 27-30 (Thanksgiving)

Dec. 23 - Jan. 3 (Christmas)

April 10-12 (Easter)

April 29-30 No Classes

May 27 - June 1 (Memorial Day)