



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

Gymnastics, Cheer & Tumble Summer SCHEDULE



* = Invitation Only

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

Effective June 4th - August 9th 2018

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

Morning Director: Natalie.Owen@lisgym.com				Evening Director: Jackie.Yount@lisgym.com		
3-5 yrs				High 5's		
Monday	Tuesday	Wednesday	Thursday	Monday	Tuesday	Wednesday
9:30-10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.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.	9:30-10:30 a.m. 10:35 - 11:35 a.m. 11:40 - 12:40 p.m.	10:35 - 11:35 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.	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.
Friday			Saturday	Thursday	Saturday	
9:30-10:30 a.m. 10:35-11:35 a.m. 10:35-11:35 Boys			8:55-9:55 a.m. 10:05-11:05 a.m.	9:30-10:30 a.m. 10:35 - 11:35 a.m.	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 introduces beginner and intermediate gymnastics in a fun and challenging environment. Classes will include a variety of exercises and stations geared toward improving athleticism which is beneficial to every child's future participation in all sports.

Beginner

Intermediate *

Advanced *

Beginner			Intermediate *		Advanced *
Monday	Tuesday	Wednesday	Monday	Tuesday	Monday
3:15-4:15 p.m. 4:30-5:30 p.m. 5:40-6:40 p.m.	4:30-5:30 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.	4:30-5:30 p.m. 5:40-6:40 p.m. 6:50-7:50 p.m.	4:30-5:30 p.m.
Thursday	Saturday			Wednesday	Thursday
4:30-5:30 p.m. 5:40-6:40 p.m.	10:05-11:05 a.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.
					5:40-6:40 p.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 *

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

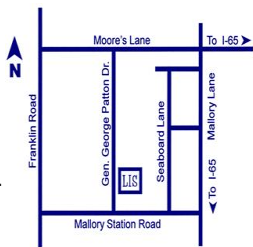
Beginner

Invite Only *

Little Ninja 4-7 yr:	Beginner	Invite Only *
Friday 3:10 - 4:10 p.m.	Wednesday 11:00-12:00 p.m. 4:15-5:15 p.m. 5:30-6:30 p.m.	Friday 4:30-5:30 p.m.
	Friday 9:00:10:00 a.m. 10:10-11:10 a.m. 11:15-12:15 p.m.	Saturday 9:00:10:00 a.m. 10:10-11:10 a.m. 11:15-12:15 p.m.
	Wednesday 12:10-1:10 p.m.	Friday 5:35-6:35 p.m. 6:40-7:40 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 4:30-5:30 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.
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.

Advanced *

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

Elite *

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

Extreme *

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

Trampoline & Tumble (3 yrs & up)

Chris.Adair@lisgym.com

This class is for children who want to 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 3:15-4:15 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.

Elite Preschool (ages 4-5) *

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

Pre-Intermediate *

Tuesday 6:15-7:15 p.m.
Thursday 5:15-6:15 p.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.
Wednesday 7:15-8:15 p.m.
Thursday 5:15-6:15 p.m.
Friday 6:15-7:15 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.
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.

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

\$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:
May 28 - June 2 (Memorial Day)
July 2 - July 4 (4th of July)
August 10 - August 11