



Gymnastics, Cheer & Tumble SCHEDULE



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

"Quality Family Programs in a Christian Environment Since 1983."
Effective August 1st, 2021

* = Invitation Only

www.lisgym.com



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. 10:40 - 11:40 a.m. 11:50 - 12:50 p.m. 2:00 - 3:00 p.m. 3:15 - 4:15 p.m. 4:30 - 5:30 p.m. 5:45 - 6:45 p.m. 7:00 - 8:00 p.m.	Tuesday 9:30-10:30 a.m. 10:40-11:40 a.m. 4:30 - 5:30 p.m. 5:45 - 6:45 p.m. 7:00 - 8:00 p.m.	Wednesday 9:30 - 10:30 a.m. 10:40 - 11:40 a.m. 11:50 - 12:50 p.m. 3:15 - 4:15 p.m. 4:30 - 5:30 p.m. 5:45 - 6:45 p.m.	Thursday 9:30-10:30 a.m. 10:40-11:40 a.m. 4:30 - 5:30 p.m. 5:45 - 6:45 p.m. 7:00 - 8:00 p.m.
Friday 9:30 - 10:30 a.m. 10:40 - 11:40 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. 10:40 - 11:40 a.m. 4:45 - 5:45 p.m. 6:00 - 7:00 p.m.	Tuesday 10:40 - 11:40 a.m. 4:45 - 5:45 p.m. 6:00 - 7:00 p.m.	Wednesday 10:40 - 11:40 a.m. 3:15 - 4:15 p.m. 4:45 - 5:45 p.m. 6:00 - 7:00 p.m.
Thursday 10:40 - 11:00 a.m. 4:45 - 5:45 p.m. 6:00 - 7:00 p.m.	Friday 10:40- 11:40 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. 5:45-6:45 p.m. 7:00-8:00 p.m.	Tuesday 4:30-5:30 p.m. 5:45-6:45 p.m. 7:00-8:00 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. 5:45-6:45 p.m.	Thursday 4:30-5:30 p.m. 5:45-6:45 p.m. 7:00-8:00 p.m.	

Intermediate *

Monday 5:45-6:45 p.m.	Tuesday 4:30-5:30 p.m. 7:00-8:00 p.m.
Wednesday 3:15-4:15 p.m. 5:45-6:45 p.m.	Thursday 4:30-5:30 p.m.
	Saturday 8:55-9:55 a.m.

Advanced *

Monday 4:30-5:30 p.m. 7:00-8:00 p.m.	Tuesday 5:45-6:45 p.m.
Wednesday 4:30-5:30 p.m.	Thursday 5:45-6:45 p.m. 7:00-8:00 p.m.
	Saturday 10:05-11:05 a.m.

Boys & Girls Ninjastics (6-12 yrs.)

Tanner.Richards@lisgym.com

Let It Shine's ninja + gymnastics program is the best of both worlds! Combining ninja warrior activities with fundamental gymnastics exercises, Ninjastics athletes will experience a well-rounded fitness practice. The goal of this program is to have a blast with challenging obstacle courses, strength and conditioning, and training rudimentary gymnastics flips and tricks. Athletes are typically 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 4-6 yr:

Monday 9:20-10:20 a.m. 10:30-11:30 a.m.	Tuesday 9:20-10:20 a.m. 10:30-11:30 a.m.
Wednesday 9:20-10:20 a.m.	
Thursday 9:20-10:20 a.m. 10:30-11:30 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. 5:30-6:30 p.m. 6:40-7:40 p.m.	Wednesday 10:30-11:30 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.

Invite Only:

Wednesday 11:35-12:35 p.m.
Thursday 5:30-6:30 p.m.
Friday (11-14 yr) 5:30-6:30 p.m.
Saturday 10:10-11:10 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.
Wednesday 12:00-1:00 p.m.	
Friday 1:00-2:00 p.m.	

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.	(Flip & Tricks 10+ yrs only) 1:00-2:00 p.m.
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Adaptive Gymnastics (3-12 yrs.)

Adaptivegymnastics@lisgym.com

Our Adaptive Gymnastics Program is designed to cater to children with physical and intellectual disabilities ages 3 to 12 years old. These classes will introduce basic fine and gross motor skills through the fundamentals of gymnastics in a SAFE and FUN environment!

3-7 yrs

Friday 3:45-4:30 p.m.

3-7 yrs

Friday 4:45-5:30 p.m.

8-14 yrs

Friday 5:45-6:30 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!



The Tumble Program (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

Intermediate *

Advanced *

Elite *

Extreme *

Monday 4:15-5:15 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	Tuesday 4:15-5:15 p.m. 5:30-6:30 p.m.	Monday 4:15-5:15 p.m. 5:30-6:30 p.m.	Tuesday 4:15-5:15 p.m.	Monday 6:45-7:45 p.m.	Tuesday 5:30-6:30 p.m. 6:45-7:45 p.m.	Monday 7:30-8:30 p.m.
Wednesday 4:15-5:15 p.m. 5:30-6:30 p.m.	Thursday 4:15-5:15 p.m.	Wednesday 4:15-5:15 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	Thursday 4:15-5:15 p.m. 5:30-6:30 p.m.	Wednesday 6:45-7:45 p.m.	Thursday 6:45-7:45 p.m.	
Friday 4:15-5:15 p.m.	Saturday 9:00-10:00 a.m. 10:00-11:00 a.m.	Friday 5:30-6:30 p.m.	Saturday 11:00-12:00 p.m.	Thursday 5:30-6:30 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):

Advanced (ages 6+)*

Monday 4:00-5:00 p.m. 5:15-6:15 p.m.	Tuesday 4:00-5:00 p.m. 5:15-6:15 p.m.	Wednesday 4:00-5:00 p.m. 5:15-6:15 p.m.	Tuesday 6:30-7:30 p.m.
Thursday 4:00-5:00 p.m. 5:15-6:15 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.	Saturday 11:00-12:00 p.m.

Parent & Child (12-36 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.

Monday 9:35-10:25 a.m. 10:45-11:35 a.m. 4:35-5:25 p.m. 5:45-6:35 p.m.	Tuesday 9:35-10:25 a.m. 10:45-11:35 a.m. 4:35-5:45 p.m. 5:45-6:35 p.m.	Wednesday 9:35-10:25 a.m. 10:45-11:35 a.m.	Thursday 9:35-10:25 a.m. 10:45-11:35 a.m. 4:35-5:25 p.m. 5:45-6:35 p.m.	Saturday 8:55-9:45 a.m. 10:05-10:55 a.m. 11:05-11:55 a.m.
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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 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.

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

Tuition Rates - Based on a 4 weeks per month

Classes Start times between 4:00 & 6:00 \$90.00

\$75/mo for Homeschool, 3:15 & 7:00 classes

\$73/mo for 50 minute classes

\$85 Morning & start between 6:15 & 6:45, Fri-Sat

- 2nd child 10% off tuition
- 3rd child 20% off tuition
- 4th + child 30% tuition

Holidays & Closings

There will be no classes on:

January 1st (5th week) New Year Day

March 15-17 (5th week)

April 15-16 (5th week) Easter Weekend

May 30-31 (5th week) Memorial Day

June 1-2 (5th week)