



## CLASS SCHEDULE – KILLEEN GYM

Class Time	Per Month
45min weekly class 2 classes a week 3 classes a week	\$70.00 \$120 \$170
1 hour weekly class 2 classes a week 3 classes a week	\$75.00 \$125.00 \$175.00
Sibling discounts	\$5.00 off sibling classes

**ANNUAL REGISTRATION**  
**\$45 for 1 child**  
**\$75 for family**

Class	Days	Times	Class Description
<b>CO - ED</b>	<b>Extreme Tiny Tots</b> (18 mo. to 3 yrs old)	Thurs 5:30 Fri 6:15 Sat 9:00	45 minutes/week Parent/guardian participation required. Students will learn the basics of gymnastics/tumbling in a structured classroom environment.
	<b>Kids Gym</b> (3-7 yrs old)	Mon 4:00, 5:00, 7:00 Tue 5:00, 6:00, 7:00 Wed 4:00, 7:00 Thurs 4:30, 6:30 Fri 4:30 Sat 10:00, 12:00	45 minutes/week Students learn basic strength and coordination skills such as balancing, hanging, jumping, and rolling on equipment scaled to their size. Classes teach listening and following directions, along with all the basic body positions and skills required in gymnastics.
	<b>Pre-Level 1</b> (4-7 yrs old)	Mon 6:00 Tue 4:00 Wed 5:00, 6:00 Thurs 3:45 Fri 5:30 Sat 11:00	45 minutes/week Student will learn progression skills on all equipment. Must have cartwheel shape and movement, forward roll, wall assisted handstand, and knowledge an understanding of all basic skills.
	<b>Novice</b> (Ages 7-12)	Mon 4:00, 5:00, 6:00 Tue 5:00 Wed 5:00, 6:00 Thurs 5:30 Fri 5:30	1 hour/week Beginner tumbling skills for children with no prior experience. Will learn basic positions and will be introduced to rolls, handstands, cartwheels, bridges, jumps and trampoline skills.
	<b>Gymnastics Levels 1</b>	Mon 4:00, 5:00, 6:00, 7:00 Tue 4:00, 6:00, 7:00, 7:00 Wed 4:00, 5:00, 6:00 Thurs 4:30, 6:30 Fri 4:30	1 hour/week Students who have already taken some beginning gymnastics an understand basic positions. Must have forward and backward rolls, bridge holds, cartwheels and handstands. Students practice vault, bars, beam, floor and trampoline along with stretching and conditioning exercises.
	<b>Gymnastics Level 2</b>	Mon 7:00 Tue 6:00 Wed 4:00, 6:00, 7:00 Thurs 4:30	1 hour/week Students must be capable of back-walkover, full handstand hold, handstand roll, handstand bridge, hurdles, round off and have a pull over on the bars. Students will continue to learn progression on bars, beam, vault, and floor in this class.
	<b>Power Tumbling Level 1</b>	Monday 4:00 Tuesday 4:00, 5:00, 7:00 Wed 4:00, 7:00 Thursday 6:30 Friday 5:30 Saturday 11:00	1 hour/week Must have advanced from pre level one or novice class. Will be working on technique of all level one skills. Will be learning back bends, front limbers, front and back walkovers and round offs.
	<b>Power Tumbling Level 2</b>	Mon 5:00, 6:00 Tue 6:00 Wed 5:00 Thurs 5:30	1 hour/week Must have had level 1 tumbling or gymnastics level 2. Needs to already have knowledge and understanding of basic skills such as forward and backward rolls, lunges, levers, handstands, back bends, cartwheels, round offs and front and back walkovers.
	<b>Power Tumbling Level 3</b>	Tues 5:00 Wed 6:00	1 hour/week Must have advanced out of power tumbling level 2. Must be able to do a round-off back handsprings and standing back handsprings unassisted and with proper technique.
	<b>Power Tumbling Level 4/5</b>	Mon 7:00 Tue 7:00	1 hour/week Must have advanced out of power tumbling level 3. Must be able to do a round-off back tuck, Round off handspring tuck, front tuck. Will work on layouts, bounding, full twisting and other advanced skills



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	<b>Gymnastics level 3 class (Invite Only)</b>	Thurs	4:30	This is an invite class for athletes that have been in gymnastics level 2. The athlete will be evaluated to be moved to gymnastics level 3
	<b>Gymnastics Pre-Team (Invite Only)</b>	Tues Thurs	4:00 4:00	Once a child has completed level 2 and level 3 gymnastics, coaches will begin to look for athletes interested in doing competitive gymnastics.
	<b>GIRLS GYMNASTICS TEAM</b>		INVITE ONLY	Competitive training and competition team. Once a child has completed level 2 gymnastics, coaches will begin to look for athletes interested in doing competitive gymnastics.
<b>TEAM</b>	<b>Competitive cheer teams</b> <i>Tryouts will be in May 2026</i>	Evaluations will be done throughout the month of May	PLEASE SEE FRONT DESK FOR MORE INFORMATION	We offer competitive cheer teams. Season starts in May of every year and continues through April of the following year.
<b>Cheer</b>				
	<b>Cheer Class</b>	Tues	5:00	1 hour/week (Boys and Girls) Must have basic novice skills. All aspects of cheer will be taught. This includes jumps, arm motions, cheer techniques and basic tumbling.
<b>TNT REC.</b>	<b>Beginner TNT</b>	Tues Thurs	4:00 4:00	1 hour/week (Boys and Girls) Learn basic Tumbling and Trampoline Skills. Must have advanced from Novice class. Needs to know all basic positions and skills from previous classes.
<b>TNT invite</b>	<b>Pre team TNT</b>	Mon Wed	4:00 4:00	1 hour/week Invite class to prepare to be on competitive team for TNT
<b>Karate</b>	<b>KARATE – SHOTOKAN</b>	Thurs 8 & under Thurs 9 and up	4:30-5:30 5:30-6:30	1 hour/week (Ages 5 and up) Christina Fletcher – Instructor Beginner to Advanced
<b>OPEN GYMS</b>	<b>Open Gym</b>	Fri	10-11:30	<b>18 mo. - 5 years old</b> - Only \$10.00 a visit
		Fri	6:30-9:30	<b>Children ages 5 and UP</b> Every Friday Night – Only \$20
	<b>Killeen Shining Stars</b>	<b>Mon-Friday</b>	<b>2:45-6</b>	Afterschool program \$75 a week, school pickup and care until 6pm