



**It's more than just mats, bars and trampolines ...
they are building blocks for life!
Palouse Empire Gymnastics
208-882-6408**



New students are welcome to join at any time of year - The first class is free! 208-882-6408

| DROP-IN TODDLER CLASSES | MON. | TUE. | WED. | THUR. | FRI. | SAT. | NO REGISTRATION REQUIRED |
|---|--------------|-------------------------------|---------------|--------------|-------------|---------------|--|
| Wiggle Worms Ages 18 mos-3.5 yrs A parent/child drop-in class focusing on movement exploration and physical challenges for the toddler. | | 9:00 | 10:45 | | | 9:00 | 30 min class punch card = \$20 |
| PRESCHOOL CLASSES | MON. | TUE. | WED. | THUR. | FRI. | SAT. | \$25 REGISTRATION FEE AND TUITION IS PAID MONTHLY |
| Tumble Tykes Ages 2.5-3.5 yrs Children at this age are ready to move, but may need the reassurance of a parent near by. Parents also assist with listening skills and staying on task. | | 10:45 1:30 5:30 | 9:00 5:15 | | | 9:45 10:30 | 30 min class/wk = \$28/month two classes/wk = \$51.50/month |
| PreGym Ages 3-4.5 yrs An introduction to the world of movement through the use of gymnastics apparatus. Eye-hand coordination and listening skills are also emphasized as the children participate without the aid of a parent. | | 9:00 9:45 1:30 5:30 | 9:00 9:45 | 5:30 | 2:45 | 9:00 9:45 | 45 min class/wk = \$43.50/month two classes/wk = \$78/month |
| KinderGym Ages 5-Kindergarten The focus of this program is to improve coordination, strength, flexibility all while having fun in the gymnastics setting. | | 9:45 10:45 1:30 5:30 | 9:45 10:45 | 5:30 | 2:45 | 9:00 9:45 | 45 min class/wk = \$43.50/month two classes/wk = \$78/month |
| KinderBoys Ages 5-Kindergarten We will keep the boys moving in this fast paced class with challenges and coordination activities to jump start their athletic career. | | | 5:15 | | 2:45 | | 45 min class/wk = \$43.50/month two classes/wk = \$78/month |
| KinderGym 2 Ages 5-Kindergarten An advanced class for girls that can perform a smooth cartwheel and a controlled handstand without assistance. Level 1 skills will be taught in this class. | | | | | 3:30 | | 1 hr class/wk = \$47.50/month 2 classes/wk = \$86/month |
| GIRLS GYMNASTICS | MON. | TUE. | WED. | THUR. | FRI. | SAT. | \$25 REGISTRATION FEE AND TUITION IS PAID MONTHLY |
| Girls Level 1 1st-5th Grade Beginning gymnastics including rolls, handstands and cartwheels. Students will also work on bars, beam and trampoline. | 3:30 5:00 | 3:30 | 5:00 6:00 | 3:30 4:30 | 3:30 | 10:30 | 1 hr class/wk = \$47.50/month 2 classes/wk = \$86/month |
| Girls Level 2 1st-5th Grade Advanced Beginning skills including handstand rolls, roundoffs and backbends on floor. Pullovers and back hip circles on bars | 3:30 | | 3:30 6:00 | | 3:30 | | 1.5 hr class/wk = \$65.50/month 2 classes/wk = \$115/month |
| Girls Level 3 1st-6th Grade Students will continue to build their skills towards back handsprings, and more advanced tumbling, but will also focus on learning routines. | | 4:30 | | 4:30 | | | 1.5 hr class/wk = \$65.50/month 2x/wk suggested = \$115/month |
| Jr/Sr Girls 5th-12th Grade Includes all the skills in Level 1, 2 and 3 | 6:00 | | | | | | 1.5 hr class/wk = \$65.50/month 2 classes/wk = \$115/month |
| K.I.P.S. Ages 5-7 yrs By invitation only. A pre-competitive class for girls that show exceptional physical talent for the sport of gymnastics. | | | 3:30 | | 3:30 | | 1.5 hr class/2x/wk required =\$115/month |
| TUMBLING AND TRAMPOLINE | MON. | TUE. | WED. | THUR. | FRI. | SAT. | \$25 REGISTRATION FEE AND TUITION IS PAID MONTHLY |
| TNT Level 1 1st-5th Grade This tumbling and trampoline class will focus on the basics while preparing for more advanced skills. Strength, coordination and flexibility will also be emphasized | 5:00 | 4:30 | | | 3:30 | 10:30 | 1 hr class/wk = \$47.50/month 2 classes/wk = \$86/month |
| TNT Level 2 1st-5th Grade After completing the Level 1 curriculum, students will focus on front and back handsprings as well as front and back flips. Strength, coordination and flexibility will be emphasized. | 6:00 | 3:30 | | 4:30 | | | 1 hr class/wk = \$47.50/month 2 classes/wk = \$86/month |
| Advanced TNT All Ages Students must be able to perform a back handspring without spotting. | | 6:30 | | 6:30 | | | 1 hr class/wk = \$47.50/month 2 classes/wk = \$86/month |
| Jr/Sr TNT Ages 10-21 Beginning skills through back handsprings will be taught in this class. Progressions and safety will be emphasized. | | 6:30 | | 6:30 | | | 1 hr class/wk = \$47.50/month 2 x/wk suggested = \$86/month |

More PEG programs are offered through the local P&R department too!