



ACADEMY

U ACADEMY believes that the proper foundation is the most crucial part of development in the learning process. We strive to balance the elements of Fun and Learning with our enthusiastic coaching approach and technical knowledge. With over 20 years of instructional knowledge, we believe U ACADEMY will provide a solid foundation, a healthy love for the sport, and an unmatched technical model.

CLASS REGISTRATION: All students must register through our online PARENT PORTAL. The anniversary registration fee covers each student's participation in all U ACADEMY programs for 12 months, and is non-refundable.

Regular Tuition:\$115.00/ Month (1 Hour) - \$97.00/ month Parent/Child Anniversary Registration Fee: \$35 STUDENT
All new registration receives one free pass to Friday Night Fun Gym OR Preschool OG per month.

REGISTRATION PROCESS: Online Registration at umobilegym.com

U ACADEMY - UMOBILEGYM.COM - (832) 247-8141

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:45	PARENT/CHILD	KG 4,5	KG 4,5	PARENT CHILD		
11:00-12:00	KG 4,5	KG 3	KG 3	KG 4,5	PRESCHOOL OPEN GYM 4:30-6:00PM AGES 3-5 \$10/CHILD	
4:30-5:30	G1 6-8	CHEER PREP 5-7	KG 4,5	G1 6-8		
5:30-6:30	G1 8-11	CHEER PREP 8-11	PARENT/CHILD	G1 8-11	FRIDAY NIGHT FUN GYM 6:00-8:30PM \$20/CHILD AGES 5-11	
6:30-7:30	G1 6-8	DANCE ACRO INT/ADV	KG 4,5	G1 6-8		
730-8:30	TUMB INT/ADV	TUMB BEG/INT	STRENGTH & CONDITIONING	TUMB BEG/INT		

DON'T SEE A CLASS THAT WORKS FOR YOUR SCHEDULE? CALL US AND ASK ABOUT PRIVATE LESSONS!

ARRIVING AND DEPARTING: Students are asked to remain in the observation area when arriving for their class.

An instructor will call for them when it is time for the class to begin. Parents are asked to remain in the observation area at all times. We also ask parents to accompany their child to the restroom before class begins.

CLASS ATTIRE:

Boys - Gym shorts and t-shirts (no socks, jeans, belts, zippers or front snaps)

Girls - Leotard, any color or style: no footed tights or jewelry. (No sports bras/crop tops)

Hair - Hair must be securely fastened away from the face.

TRAMPOLINE PARK SOCKS ALLOWED AND ENCOURAGED

RECREATIONAL GYMNASTICS

G1 / B1 – These entry level gymnastics classes introduce new students to fundamental gymnastics skills, concepts, and gymnastics body shapes. These entry levels allow our students to enjoy the sport of gymnastics in an amazing environment. Our awesome coaches make each class exciting and fun.

G2 / B2 - These intermediate/advance level classes are a continuation of Level 1 elements into more advanced gymnastics skills. At these levels our coaches will emphasize strength, flexibility, continued balance development, and new advanced skill introduction. The purpose for each class is to help our athletes learn new things and improve their technique on the skills they already can perform.

TUMBLING & CHEER TUMBLING

BEGINNER TUMBLING: This entry level tumbling class introduces new students to fundamental skills, concepts, and tumbling body shapes. This class will train cartwheels, round-offs, flip-flops, walk-overs, and round-off flip-flops.

INTERMEDIATE TUMBLING: This intermediate/advance tumbling class is a continuation of the beginner tumbling elements into more advanced skills. Our coaches will emphasize strength, flexibility, continued balance development, and new advanced tumbling skills. Students in this class must be able to perform round-off, cartwheel, walk-over, and may need lite spot with back-handspring.

ADVANCED TUMBLING: Students must be able to perform round-off back-handspring with NO spot.

KINDERGYM GYMNASTICS

Each Kindergym class consists of a weekly unique learning theme, a fun and challenging lesson structure with developmentally appropriate gymnastics skills and movements, while utilizing all our gymnastics equipment. We have a proven history that proudly shows our Kindergym program is the perfect place to learn, develop confidence, try new things, and meet new friends.

PARENT – CHILD CLASS (walking - 2): Continued exposure to the gymnastics equipment with an introduction of the basic body positions and gymnastics skill terminology. An adult must attend class with the child.

KINDERGYM AGE 3: Designed transition class for the young child to attend class without a parent. The focus of this class is on beginning gymnastics skills, body positions, and terminology. Children in the 3-year-old class **MUST BE POTTY TRAINED**.

KINDERGYM AGE 4 - 5: The specific focus in this class will be on skill development thru developmentally appropriate progressions, training stations, and drills for all gymnastics events.