

2011-2012 Fall/Winter Class Schedule

Code	Price / month	Ages	Length	Description	Mon	Tue	Wed	Thu	Fri	Sat
PT	\$55	1.5-3	45 x 1	Parent - Tot		9:30	6:00			10:15
P34	\$55	3-4	45 x 1	Preschool 3 / 4	9:30 11:15 3:30	10:15	9:30 5:15	9:30 12:15	10:15 3:15	9:30
P45	\$64	4-5	60 x 1	Preschool 4 / 5	10:15 12:00 4:15	12:00	3:00	10:15	6:00	11:00
PSOG	\$5/per x	1-5	60 x 1	Preschool Open Gym - \$5					11:00	
SAOG	\$5/per x	6+	60 x 1	School Age Open Gym - \$5						3:00
GB6	\$64	6-9	60 x 1	Girls L1 / L2 Gymnastics	4:15 5:15	3:00 4:15	4:15	3:00 4:15		12:30
GB9	\$64	9+	60 x 1	Girls L1 / L2 Gymnastics		3:00 5:15		3:00 5:15	4:15	12:30
GI6	\$96	6-9	90 x 1	Girls L2 / L3 Gymnastics		6:15		6:15		1:30
GI9	\$96	9+	90 x 1	Girls L2 / L3 Gymnastics	6:15					1:30
BB	\$64	6-9	60 x 1	Boys Gymnastics (6-9yrs)	5:15	2:00 6:00	6:00	2:00 6:00		12:30
BI	\$96	10-18	90 x 1	Boys Gymnastics (10+yrs)	6:15					1:30
HSPE	\$55		75 X 1	Homeschool PE/K-1st Grade	2:00					
HSPE	\$55		75 x 1	Homeschool PE/4th-8th Grade			2:00			
HSPE	\$55		75 x 1	Homeschool PE/2nd-3rd Grade					2:00	
CFS	\$64	6+	60 x 1	Cheer Flight School	4:00					
CT	\$64	6+	60 x 1	Tumbling	5:00 L3 6:00 L4				5:30 L2	
CT	\$96	6+	90 x 1	Tumbling	7:00 L5					
CRS	\$96	6+	90 x 1	Cheer Rising Stars Non-Comp					4:00	

ANCHORAGE CLASSES

CT	\$61	6+	60 x 1	Tumbling	4:30 L2 5:30 L3		3:30 L4			
CT	\$94	6+	90 x 1	Tumbling		7:00 L5				
CFS	\$61	6+	60 x 1	Cheer Flight School				4:30		



Preschool Gymnastics

Preschool Gymnastics begins with our Parent-Tot classes where parents guide their toddlers through obstacle courses and activities designed to stimulate physical awareness. Preschoolers progress into independent classes to learn basic beginner gymnastics by age 5.

Girls Gymnastics

School age gymnastics begins at age 6 in our beginner classes where students learn the fundamental skills of gymnastics and develop the strength and flexibility to succeed in all sports. Young gymnasts with talent and the desire to pursue gymnastics **competitively** can gain the skills to join one of our competitive **Team Training** groups in our class program.

Boys Gymnastics

Boys separate from girls and begin to differentiate on the boys apparatus in our beginning boys classes. Development of strength and physical awareness helps all our boys succeed in all sports. Boys progress through the development program and also have the opportunity to develop the skills necessary for joining our **Boys Team**.



Cheer

Cheer brings together the tumbling skills of gymnastics and the stunts of acrobatics in a group environment. Cheer classes begin with school age and culminates with our **All Star Squad of Cheerleaders** and increased difficulty of skills and complexity of routines. Many of our gymnasts use the skills learned in gymnastics classes to make the cheer squad at Denali and at their schools!



Tumbling

Denali's tumbling classes are designed to improve the standing and running tumbling skills of our cheerleaders and gymnasts. Tumbling classes range from beginner to advanced and students can start from 6 years old.

ANNUAL REGISTRATION FEE ... \$40.00

"We are preparing the children of today for the challenges of tomorrow."

Childcare / Preschool

Denali is a licensed childcare facility providing full-time care for newborns through 5 year olds. Once children reach the age of 3 years, they are introduced to an academic curriculum in our Preschool program.



Axios Academy



Axios Academy is the continuation and extension of our Preschool program. The program begins with Intro to Kindergarten for those

children who do not meet the standards or age requirements for kindergarten and continues through 5th grade. Through the full educational opportunities that we offer, including daily gymnastics and music, our students are able



to experience the personal development of "Mind, Heart and Body" not found in traditional schools. Our curriculum is standards based and students participate in benchmark testing mandated by the district.

Before / After School Care

Denali also offers a Before/After school program for schoolage kids, K-5th grade, that is affordably priced with flexible hours to meet the needs of working families.

Limited transportation services are available to select elementary schools.



Homeschool Phys Ed

Our Homeschool PE program is specifically designed to meet the needs and budget of Homeschool families. Students are exposed to a curriculum of a variety of physical activities including Basketball, Hockey, Soccer, Baseball along with the basic physical activities of calisthenics and gymnastics. Priced affordably, the HSPE program at Denali is an ideal way to make sure your homeschool student has healthy physical activity.



Preschool/School Age Open Gym

Denali offers a one-hour Open Gym time for kids aged 5 years and younger and another for 6 years and older to come in and have some "free play" our gym floor.



Birthday Parties

Denali is a great place to host a child's birthday party! We offer party times by appointment only on Saturday afternoons beginning in September.



Adult Fitness

Denali Fitness is a full-service fitness center that offers personal training, get-fit packages, nutritional help, aerobics classes, a smoothie bar and more. We have a variety of membership plans including an "enrolled-student" discount. Please call the Fitness Center at (907) 373-3488 for more information.



CLASS SCHEDULE 2011-2012 Fall & Winter

Classes begin August 17, 2011

*Educating the
mind, heart and body*

Gymnastics
Tumbling
Cheerleading
Homeschool P.E.
Birthday Parties (by appt.)
Childcare, Birth-12 yrs old
Preschool
Axios Private School, K-5th grade
Adult Fitness

Denali Gymnastics & Fitness, Inc.
300 E. Kalli Circle
Wasilla, AK 99654

(907) 373-3547