

► **Preschool Classes**



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 through independent classes to learn basic beginner gymnastics by age 6.

► **Girls Classes**



Schoolage 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 Classes**



Boys separate from girls and begin to differentiate on the Boys Apparatus in our 5 year old Pre-Beginner Classes. Development of strength and physical awareness helps all our Boys succeed in all sports. Boys progress thru the development program and also have the opportunity to develop the skills necessary for joining our **Boys Team**.

► **Cheer Classes**



Cheer brings together the tumbling skills of gymnastics and the stunts of acrobatics in a Group environment. Cheer classes begin with schoolage and increasing difficulty of skills and complexity of routines culminates with our **All Star Squad of Cheerleaders**. Many of our Gymnasts use the skills learned in gymnastics classes to make the squad at Denali and at their schools!

► **Birthday Parties**



There is no more **FUN** place then Denali to celebrate your Birthday! Plenty of time to open presents and celebrate with friends, and time in the gym to play in the pit, jump on the trampolines and play games on our spring floors. The safest environment for rambunctious fun in all of Wasilla! Schedule your Birthday Party at the front desk on Saturday Afternoons or Sundays.

Class Start Times

*Team Track Groups are by *Invitation Only!*

	Mon Classes	Mon Team Track	Tue Classes	Tue Team Track	Wed Classes	Wed Team Track	Thu Classes	Thu Team Track	Fri Classes	Fri Team Track
9:30	P34		P45		P34		PT		P34	
10:15	P45		PT		P34		P34		P45	
11:30	P34		P34		P45		P45		P34	
12:15	PT		P45		P34		P34		P45	
1:00	HSPE3, GB5		BB5, HSPE2	GHS	BB5, GB5 HSPE3		BB5, HSPE2	GHS	HSPE3	
2:30				BO		BO		BO		BO
3:00	CT4/5		CT2/3				CT2/3			
4:00	GB5,GB6, BB6	GMB, G4, CF	GB6, BB5	G4,CRS, GHS	GB6, GI6, BB6	GMB	GB6, GI6	G4, CRS, GHS	GB6,GB9, GB5, BB5	GMB
4:30					P34					
5:00	GI6,GB5, BI, CT4	GTA, GTB	GI6	GTA, GTB, BC, BHS	GB9, BI	GTB, BC	GB9	GTA,B4, BHS	GB6, GB5	GTA, GTB, BC
5:15					P45					
5:30				GPT	GI9		GB5	GPT		
6:00	GI9,CT5	CSS		CSH	GR	GRT	GI9, CSP		GI9	
6:15					PT					
6:30			CT2/3							
7				GRT				GRT		

	Sat	Sat	Sun	Sun
9:30	GB6, P45		1:30	CSS
10:00		B4		
10:30	GI6, BB6, P34			
11:30	BI, PT		3:30	CCSH
12	CRS1			
12:30		GPT, BO		
1:30	CSP		6:00	CAS

2007-8 Class Prices

		*5%	*10%
	1X week	2X week	3X week
45 min class	\$53.30	\$101.28	\$143.91
1 hr class	\$62.20	\$118.18	\$167.95
1.5 hr class	\$93.30	\$177.27	\$251.90
Home School PE	NA	\$84	\$102

* Discounts apply *ONLY* to non-invitational classes

Code	Ages	Length	Description	Mon	Tue	Wed	Thu	Fri	Sat/Sun*
PT	1.5-3	45	Parent-Tot	12:15	10:15	6:15PM	9:30		11:30
P34	3-4	45	Movement Exploration	9:30, 11:30	11:30	9:30,10:15, 12:15, 4:30	10:15, 12:15	9:30, 11:30	10:30
P45	4-5	45	Gymnastics Movement	10:15	9:30, 12:15	11:30, 5:15	11:30	10:15,12:15	9:30
BB5	5-6	60	Pre-Beginner Boys Gymnastics		1:00, 4:00	00	1:00	4:00	
GB5	5-6	60	Pre-Beginner Girls Gymnastics	1:00, 4:00, 5:00		1:00	5:30	4:00, 5:00	
BB6	6-9	60	Boys Beginner	4:00		4:00			10:30
BB9	9-12	60	Boys Beginner						
BI	6+	90	Boys Intermediate	5:00		5:00			11:30
HSPE2/3	6+	90	Home School PE 2 or 3 days	1:00 (3)	1:00(2)	1:00 (3)	1:00 (2)	1:00 (3)	
GB6	6-9	60	Girls L1/2 Beginners	4:00	4:00	4:00	4:00	4:00, 5:00	9:30
GB9	9+	60	Girls L1/2 Beginners			5:00	5:00	4:00	12:00
GI6	6-9	90	Girls L2/3 Intermediates	5:00	5:00	4:00	4:00		10:30
GI9	9+	90	Girls L2/3 Intermediates	6:00		5:30	6:00	6:00	
GR	6+	90	Girls Rhythmic Gymnastics			6:00			
GRT	6+	120x3	Girls Rhythmic Team		7:00	6:00	7:00		
GHS	4-6	90x2	Girls Hotshots		1:00, 4:00		1:00, 4:00		
GMB	4-7	180x3	Girls Microbots	4:00		4:00		4:00	
GPT	6+	120x2/3	Girls L3 Pre-Team		5:30		5:30		12:30
G4	6-12	180x3	Girls L4 Team	4:00	4:00		4:00		
GTB	6-12	210x4	Girls L5-10 Team	5:00	5:00	5:00		5:00	
GTA	12-18	210x4	Girls L5-10 Team	5:00	5:00		5:00	5:00	
BHS	4-5	90x2	Boys Pre-Team		5:00		5:00		
B4	6+	180x2	Boys L4 Team				5:00		10:00
BC	6+	210x3	Boys L5/6 Team		5:00	5:00		5:00	
BO	6+	210x4	Boys L6-10 Team		2:30	2:30	2:30	2:30	12:30
CT	6+	60	Tumbling	3:00, 5:00, 6:00 (L4/5)	3:00, 6:30 (L2/3)		3:00 (L2/3)		
CRS1	11-	90	Cheer Rising Stars Non-Comp						12:30
CSP	14-	120x2	Cheer Sparkling Stars				6:00		1:30
CF	6+	60	Cheer Flight School	4:00					
CAS	18-	150x2	Cheer All Stars			*Anchorage			*6:00
CSS	18-	120x2	Cheer Shining Stars		6:00				*1:30
CSH	14-	120x2	Cheer Shooting Stars			*Anchorage			*3:30
CRS	11-	120x2	Cheer Rising Stars		4:00		4:00		



Denali Gymnastics & Fitness

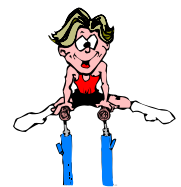
Fall-Winter 2008-09 Schedule & Prices



Gymnastics Last Frontier

- **Preschool Gymnastics**
- **Boys Gymnastics**
- **Girls Gymnastics**
- **Tumbling**
- **Cheerleading**
- **Teams**
- **Birthday Parties**

**Fundamentals
Of
Strength
&
Fitness**



**For
Boys
&
Girls**

Tel: 907-373-FLIP