

# Class Schedule

2011-2012



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www.onestopfun.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30		Mild Vinyasa - 60				
9:00		Gym 4-5	Connection (3 hours) Gym 4-5	Gym 3.5-4 Gym Boys 4-5	Gym 3.5-4 Gym 4-5	Combo 3-4 Gym 4-5 Gym 3.5-4 Tumbling (A)
9:15	Gym 1-2.5 Gym 2.5-3.5	Gym 1-2.5				Gym 1-2.5 Gym 2.5-3.5
9:30		Kripalu Vinyasa-75				
10:00	Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4	Tiny Dancers 5-6 Gym HS Under 6 Gym HS Girls 8+	Gym 1-2.5 Gym 2.5-3.5	Combo 3-4 Gym 2.5-3.5 Gym 3.5-4.5	Tiny Dancers 5-6 Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B) Gym Girls 6-8 (I)
11:00	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym HS Boys 8+ Gym HS Co-ed 6+	Gym 3.5-4 Gym 4-5	Gym 1-2.5 Gym 2.5-3.5	Lil Dudes 4-6 Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (I) Tumbling (I/A)
12:00	Open Gym*	Open Gym* Hot Vinyasa Yoga-75	Open Gym*	Open Gym*	Open Gym*	
1:00	Gym 3.5-4 Gym 4-5 (1:30)	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Adult Karate	Gym 3.5-4	BIRTHDAY PARTIES
2:00	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Karate Kids-30 min Gym 2.5-3.5 Gym 3.5-4	Gym 4-5	ALL DAY SATURDAY/ SUNDAY!!
4:00	Gym Girls 6-8 (B)	Gym 4-5 Tumbling (B) Karate 5-7 (4:30)	Tumbling 6+ (B) Gym Girls 8+ (B)	Gym Girls 6-8 (B) Gym Girls 8+ (B) Girls 8+ (A)	Gym Boys 6+ Gym Girls 6-8 (B)	
5:00	Jazz Funk Ballet Tap 5-8 Gym Girls 6-8 (I) Gym Boys 6+	Gym Girls 6-8 (B) Gym Girls 6-8 (I) Karate 8+ (5:30)	Gym Girls 6-8 (B) Gym Girls 8+ (B)	Gym Girls 6-8 (I) Gym Girls 8+ (I) Karate 5-7	Gym Girls 6-8 (I) Gym Boys 8+ Karate 5-8	
6:00	Gym Girls 8+ (B) Gym Girls 8+ (I)	Gym Girls 8+ (B) Tumbling (I) Advanced Karate (6:30)	Gym Girls 6-8 (I) Gym Girls 8+ (I)	Gym Girls 8+ (B) Tumbling (B) Karate 8+	Tumbling (B)	
7:00	Tween Jazz Funk 9+ Tumbling (I)	Tumbling (I)	Tumbling (A) (60 min)	Advanced Karate	PARENTS NIGHT OUT*	

\*ALL "Gym" CLASSES ARE RECREATIONAL GYMNASTICS CLASSES, INCLUDING PARENT/TOT, PRESCHOOL AND KINDERKIDS.

\*DANCE AND COMBO CLASSES ARE SHOWN IN RED

\*AGE GROUPS ARE DENOTED AFTER ALL CLASSES

\*CALL FOR ADVANCED GYMNASTICS CLASSES

\*DATES FOR PARENTS NIGHT OUT WILL BE ANNOUNCED - GO TO ONESTOPFUN.COM FOR UPDATES!

## Family Membership

When enrolling, an annual family membership fee of \$50 applies. Membership benefits include: Reduced Gym Mania, Pool and special events rates, Gym Mania free for siblings during class, free access to wireless internet, free birthday cake at your One Stop Fun party (or up to \$18 credit towards birthday party extras), and 10% off ProShop purchases.

CLASS DESCRIPTIONS ON NEXT PAGE

# Class Descriptions

## Our Philosophy

Nashoba Gymnastics Academy at One Stop Fun is committed to providing a quality gymnastics program. We teach gymnastics in a safe, progressive manner and always have fun! Physical fitness through gymnastics teaches your child coordination and provides the basics for a lifetime of activity. Gymnastics helps children develop a positive self-esteem, providing children with confidence and socialization. Most of all, we provide children with the joy of learning in a fun and safe environment.

## Parent/Tot (1-2.5 yrs and 2.5-3.5 yrs)

Parents and guardians play an active role in these fun and interactive toddler classes. The focus is on movement with emphasis on developing fine and gross motor skills, exploration, socialization, and muscle coordination. In addition to physical development, each child will leave with a big smile and positive self-esteem. Class ratios are 10:1. 45 minute class. \$180/session.

## Preschool & Kinderkids Classes (3.5-4 yrs and 4-5 yrs)

We have a fun and progressive curriculum designed to enhance your child's developing strength and coordination in a fun and progressive manner. Students learn basic tumbling and gymnastics skills. We encourage continuous activity through obstacle courses with emphasis on climbing, jumping, running and tumbling in a fun and safe environment. Class ratios are 6:1. 3.5-4 yrs class is 50 minutes and \$190/session. The 4-5 yrs class is 55 minutes and \$195/session.

## Gymnastics Classes (6-8 yrs and 8+ yrs)

Children learn developmental gymnastics skills with an introduction to competitive gymnastics equipment. These classes are not only for children that have progressed out of our preschool classes, but are also for beginners. Girls utilize vault, uneven bars, balance beam, floor exercise, trampoline and Tumble Trak. Boys utilize vault, high bar, floor exercise, rings, parallel bars, trampoline and Tumble Trak. Class benefits include great exercise, enhanced motor coordination for all sports, greater confidence and self-esteem and socialization with friends. Pricing below.

## Tumbling Classes (6+ yrs and 8+ yrs)

This program is designed for children who wish to focus only on the tumbling aspect of gymnastics utilizing the trampoline, Tumble Trak and floor. Pricing below.

## Gymnastics/tumbling classes are offered at three levels:

Beginner (B), Intermediate (I) and Advanced (A). Children starting out will be placed in a beginner class. After obtaining the basic skills, students can progress to an intermediate class. By invitation only or after scheduling an evaluation, girls can progress to an advanced class. Great for girls that are interested in advancing to our team program. Class ratios are 8:1. All beginner and intermediate classes are 60 minutes and cost \$195/session. Advanced classes are 90 minutes and cost \$250/session.

## Team Program - Nashoba Gymnastics Academy

Nashoba Gymnastics Academy is a member of U.S.A. Gymnastics, the governing body for gymnastics in the United States. Our girl's teams represent Nashoba Gymnastics Academy at the local, state, and regional levels. Back this year is our Rising Stars program.

This past season NGA had a second place finish at Eastern Nationals and several first place finishes at Regional and State Championships! Participation in the team program is by invitation only. Please let us know if you would like your child evaluated.

## Dance

This year One Stop Fun is partnering with Spotlight Dance Academy and is offering all new classes for ages 3 - 17! Students ages three and older will enjoy our wide range of classes that combine dance skills with age appropriate instruction and techniques. We offer several classes that include ballet, tap, jazz, hip-hop and theatrical techniques and a Lil Dudes class just for boys! 45 minute class for ages 3-6, \$145/session. 60 minute class for ages 7+, \$165/session. For a complete list of class descriptions go to onestopfun.com/dancecenter.aspx.

## Combo Classes (3-4 yrs)

A fun way to learn both dancing and gymnastics. Participation and creativity are encouraged through novelty songs and dance. Ballet and tap techniques along with basic gymnastics make this a fun combo class for everyone! These classes combine the coordination and discipline with a fun preschool feel in a program that teaches the fundamentals of dancing and gymnastics in a fun, supportive environment. The class is 45 minutes and \$145/session.

## Connection (3-6 yrs) (3 Hours)

In our 3 hour connection program, students participate in our regular classes such as gymnastics and dance, plus other fun activities like arts and crafts, story time, cooperative games, and snack time. 3 hours. \$295/session.

## Shotokan Karate (5 yrs - adult and karate kids)

Students practice kihon (basics), kata (forms), kumite (sparring), and various drills to improve fitness, speed, flexibility and agility. Go to onestopfun.com for more details on our karate programs. Karate is excellent for improving overall fitness, confidence, and focus. \$249/session for two classes per week (required for new students ages 8+ and all blue major belt or higher). \$169/session for one class per week (open to existing students lower than blue major belt and new students under age 8). \$100/session for Karate Kids (30 min). \$169/session for Adult Karate (Thurs 1:00-2:00).

## Yoga (adult and kids)

For adults we offer Kripalu and Hot Vinyasa Yoga. Kripalu classes (60 or 75 min) are held at a mild temperature and include warmups, breathwork, postures, and meditation. Vinyasa classes (90 min) are physically challenging and held in a heated room. The heat encourages a detoxifying sweat and deeper postures. Both styles emphasize safety and end in deep relaxation. All levels are welcome - modifications are offered according to individual needs. Kids yoga classes are based on the nationally acclaimed Yoga Ed curriculum. 45 min kids yoga is \$110/session, 60 min classes are \$120/session, 75 min classes are \$130/session, 90 min classes are \$140/session. Length of class denoted on schedule.

## Homeschoolers (HS)

A program designed specifically for children that are homeschooled. Please call for details.

## Specials

♦ Students that sign up for two sessions save 5%, three sessions save 10%, 4 sessions save 15%

♦ Families that sign up for more than one class per session will save \$20 for 2 classes and \$30 for 3 classes

## Gym Mania

The ultimate indoor playground with three stories of tubes, tunnels, slides and ball pits and a 40' long 8' high traverse rock wall. Siblings play for free during class time. Hours: Mon-Sat 9-6, Sun 10-6

## Session Dates

Session	Dates	No Classes
1	Sept 6 - Nov 6	None
2	Nov 7 - Jan 15	11/24-26; 12/24-1/2
3	Jan 16 - March 25	2/21-2/26
4	March 26 - June 2	4/18-4/23; 5/30

Tentative Date for Year End Gymnastics Show - June 3

Call Ahead to Book a FREE Trial Class for any of our Programs!