

# Class Schedule

2017-2018



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Westford, MA 01886  
978.692.9907  
www.onestopfun.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		Gym 4-5	Gym 4-5 Gym HS Inv Only	Gym 3.5-4 Gym Boys 4-5	Gym 3.5-4 Gym 4-5	Gym 4-5 Gym 3.5-4 Tumbling (B)
9:15		Gym 1-2.5				Gym 1-2.5 Gym 2.5-3.5
9:30					Gym 4-5	
10:00	Gym 1-2.5 Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4	Gym HS Under 6 Gym HS Girls 8+	Gym 3.5-4	Gym 2.5-3.5 Gym 4-5	Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B)
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 Kinder Kids 4-5	Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B/I) Tumbling (I/A)
12:00	Open Gym*	Open Gym*	Open Gym*	Open Gym*	Open Gym*	
1:00	Gym 3.5-4	Gym 4-5	Gym 3.5-4	Gym 3.5-4	Gym 3.5-4	Birthday Parties
2:00	Gym 4-5	Gym 3.5-4 Adult Karate (2:15)	Gym 2.5-3.5	Gym 4-5 (Adv) (2:30)	Gym 4-5	All Day Sat and Sun!
3:00						
4:00	Gym Girls 6-8 (B) Gym 3.5-5	Gym 4-5 Gym Girls 8+ (I) Rising Stars	Gym 3.5-5 Gym Girls 6-8 (B) Superstars	Gym Girls 6-8 (B) Gym Girls 8+ (B) Girls 8+ (I) Boys 5+ (B) Rising Stars	Gym Boys 6+	
4:30		Karate 5-7		Karate 5-7		
5:00	Gym (4-5) Gym Girls 6-8 (I)	Gym 4-5 Gym Girls 6+(B)	Gym 5-6 Gym Girls 6-8 (I)	Gym 4-5 Gym Girls 8+ (I)	Gym Girls 6-8 (B/I) Gym Boys 8+ (I)	
5:30		Karate 8+		Karate 8+		
6:00	Gym Girls 8+ (B) Gym Girls 8+ (I)	Gym Girls 8+ (B)	Gym Girls 6-8 (I) Gym Girls 8+ (I)	Gym Girls 8+ (B) Tumbling (I)	Tumbling (B)	
6:30		Advanced Karate		Advanced Karate		
7:00		Tumbling (I)			PAINT NIGHT/ PARENTS' NIGHT OUT	PAINT NIGHT PARENTS' NIGHT OUT

\*All "Gym" Classes are recreational gymnastics classes, including parent/tot (ages 1-3.5), preschool (ages 3.5-4) and kinderkids (ages 4-5)

\*Age groups are denoted after all classes - parent/tot (ages 1-3.5), preschool (ages 3.5-4) and kinderkids (ages 4-5)

\*Call for advanced gymnastics classes and our team program

\*Dates for Paint Night and Parent's Night Out will be announced at [www.onestopfun.com](http://www.onestopfun.com) and [www.facebook.com/onestopfun](http://www.facebook.com/onestopfun)

\*Follow us on Facebook and Google+ and subscribe to our mailing list for updates, promotions and special offers!

## Family Membership

When enrolling, an annual family membership fee of \$50 applies. Membership benefits include: Reduced Indoor Playground, Pool and special events rates, Indoor Playground free for siblings during class and students before and after class, free access to wi-fi, 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  
CALL US TO SCHEDULE A FREE TRIAL CLASS!

# 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 (Co-Ed - 1-2.5 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. \$160/session.

## Preschool & Kinderkids (Co-Ed - 3.5-4 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 \$199/session.

## Gymnastics (Girls/Boys Classes - 6+ 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 (Girls/Boys Classes - 6+ yrs and 8+ yrs)

This program is designed for girls and boys 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 3 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 and boys 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 \$199/session.

Advanced classes are 90 minutes and cost \$265/session.

## Homeschoolers (HS)

A gymnastics program designed specifically for children who are homeschooled, tailored to fit the needs and requests of the children enrolled in the program. Please call for details.

## 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 girls teams represent NGA at local, state, regional and national meets, competing at all levels. Back this year is our Rising Stars and Spirit Team programs. Participation in the team program is by invitation only. Please let us know if you would like your child evaluated. For more information about our team program, please call us at (978) 692-9907 or visit us at [www.onestopfun.com](http://www.onestopfun.com).

## 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](http://www.onestopfun.com) for more details on our karate programs. Karate is excellent for improving overall fitness, confidence, and focus. \$130/month for two classes per week.

## School Vacation Programs

All of the fun of summer camp during the school year (without the swimming). Programs are held on most major holidays when kids don't have school. For more information go to [www.onestopfun.com/minicamps.aspx](http://www.onestopfun.com/minicamps.aspx)

## Parent's Night Out and Paint Night

An opportunity for parents to drop their kids with us for a few hours so you can shop, take care of errands or enjoy a quiet dinner or movie. Kids will enjoy games, our indoor playground, open gym and our awesome pizza. On Paint Nights, kids will receive painting instruction and paint on a real canvas!

## 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 5 - Nov 4	-----
2	Nov 6 - Jan 20	11/20 to 11/25 and 12/25-1/1
3	Jan 22 - Mar 31	2/19-2/24
4	Apr 2-June 9	4/16-4/21, May 28

Tentative Date for Year End Gymnastics Show - June 15

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