

Class Schedule

2019-2020



49 Powers Road
Westford, MA 01886
978.692.9907
www.onestopfun.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Kinderkids Preschool Tumbling (B)
9:15						Parent / Tot Gym 2.5-3.5
9:50						
10:00		Kinderkids Ninja	Preschool Homeschool (4-7) Parent / Tot		Parent / Tot	Preschool Kinderkids Beginner 6-8
11:00		Preschool Kinderkids Parent / Tot	Preschool Kinderkids	Preschool Kinderkids	Kinderkids Ninja Preschool Kinderkids	Preschool Kinderkids Beginner 6-8 Intermediate 6-8 Tumbling (I/A)
12:00	Free Open gym (M-F) for Students 5 and Under Currently Enrolled in Classes (Ninja, Gymnastics or Karate)					
1:00	Homeschool					Birthday Parties
2:00	Homeschool	Kinderkids				All Day Sat and Sun!
3:00						
4:00	Beginner 8+ Beginner 6-8	Kinderkids Boys Beginner	Kinderkids Ninja	Kinderkids Boys Intermediate	Kinderkids Ninja	
4:50						
5:00	Intermediate 8+	Intermediate 6-8	Intermediate 6-8	Ninja Class	Ninja	
5:50		Karate 5-7		Karate 5-7		
6:00	Advanced 2hr	Tumbling Intro. Parent / Tot	Ninja	Intermediate 8+ Parent / Tot	Open Gym	
6:50		Karate 8+		Karate 8+	Open Gym	
7:00			Tumbling For All		Open Gym	Special Events, including ninja night and PNO

- ' The following ages are recommended for Parent / Tot (Ages 1-3.5), Preschool (Ages 3.5-4) and Kinderkids (ages 4-5)
- ' Call for information on our advanced gymnastics classes and our team program
- ' Dates for Special Events and Ninja Night are announced at www.onestopfun.com and www.facebook.com/onestopfun
- ' Follow us on Facebook and Google+ and subscribe to our mailing list for updates, promotions and special offers!
- ' Don't see the class you want? Call us at 978-692-9907 to discuss. We're here to help you find the perfect spot.

Family Membership

When enrolling, an annual family membership fee of \$50 applies. Membership benefits include:
Reduced Indoor Playground, Pool and special event 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 Pro Shop purchases.

Contact us today at 978-692-9907 to schedule a free trial Gymnastics, Ninja or Karate Class!

Class Descriptions

Our Philosophy

One Stop Fun is committed to providing fun, challenging and skill/age appropriate class opportunities for every student. Whether it's Gymnastics, Ninja, Obstacle Course Running or Karate, our classes will help your child build fitness, strength and self-esteem while having fun and socializing with other kids. The benefits of athletic activity are numerous and extend well into adolescence and adulthood. Our goal at One Stop Fun is to put our students on a path to lifelong health, confidence and achievement. Not sure which class is right for your child? Come in for a free trial class, and let our staff help you choose from among our many great options.

Gymnastics 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.

Gym. 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 gym stations with an emphasis on climbing, jumping, running and tumbling in a fun and safe environment. Class ratios are 6:1 and classes are 55 mins. Preschool and Kinderkids classes are just \$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 TumbleTrak. Boys utilize vault, high bar, floor exercise, rings, parallel bars, trampoline and TumbleTrak. Class benefits include great exercise, enhanced motor coordination for all sports, greater confidence and self-esteem and socialization with friends. 8:1 ratio.

Tumbling /Trampoline (Girls/Boys - 6+ 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, TumbleTrak and spring floor. 8:1 ratio.

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 120 mins. and \$350 per 9 week 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 USA Gymnastics, the governing body for gymnastics in the United States. Our team represents NGA at local, state, and regional meets, competing at all Xcel levels. We also have pre-team options available for select students. 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.

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. \$149/month for up to three classes per week.

Ninja and Obstacle Course Classes

Students enrolled in our Ninja and Obstacle Course program will develop balance, dexterity, strength, speed, body control and spatial awareness as they learn to traverse obstacles and ninja elements of increasing complexity and difficulty. This is great cross-training for any sport or physical activity.

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/programs/school-vacation-camps/

Open Gyms

Weekdays: For students ages 5 and under currently enrolled in a Ninja, Gymnastics or Karate class, we offer a FREE open gym M-F at Noon.

Friday Evenings: For ages 6+, open gyms will be held periodically 6:00 to 8:00 on Friday evenings and open to the public (please call ahead to confirm). Price of \$15/child gets access to the gym and indoor adventure center. Begins September 6th

Specials

- Students who sign up for two sessions save 5%, three sessions save 10%, 4 sessions save 15%
- Families who sign up for more than one class per session will save \$20 for 2 classes and \$30 for 3 classes
- Refer a Friend Program - If your friend mentions your name while registering, you get an additional 10% off the next session's tuition.

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

9 Week Session Dates

Session	Dates	No Classes
1	Sept 3 - Nov 2	10/31
2	Nov 4 - Jan 18	11/28 - 11/30 and 12/23 - 1/1
3	Jan 20 - Mar 28	2/17-2/22
4	Mar 30 - June 6	4/20 - 4/25 and 5/25

Tentative Date for Year-End Gymnastics Show: June 12

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