

Class Schedule

2020 - 2021



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Parent/Tot <4 Team Gymnastics
9:15						
10:00						Kinderkids Gym.
10:30	Kinderkids Ninja	Kinderkids Gymnastics	Kinderkids Ninja	Parent/Tot <4	Kinderkids Gymnastics	
11:00						Gymnastics 6+
12:00						
1:00						Birthday Parties
2:00						All Day Sat and Sun!
3:30	Superstars - Invite Only	Intermediate 8+	Kinderkids Ninja	Intermediate 8+ 1.5 Hours		
4:30	Kinderkids Ninja	Gymnastics 6-8	Ninja 6+		Kinderkids Ninja	
5:00	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	
5:30	Ninja 6+ Gymnastics 6-8				Ninja	
5:50						
6:00						
6:50						
7:00						Special Events, including ninja night and PNO

- * The following ages are recommended for Parent / Tot (Ages 1 - 4) and Kinderkids (4-5). Call us to discuss.
- * Call for information on our advanced gymnastics classes and our team program
- * Dates for Special Events and Ninja Nights 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 discounts on products and services, discounts on special events, free cake (or \$18 credit for any One Stop Fun party or event, access to OSF Academy (space permitting), access to One Stop Fun's award-winning Summer camp program and more!

Contact us today at 978-692-9907 to schedule a free trial Gymnastics or Ninja 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 - Ages 1-4)

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. \$89/month.

Gym. Preschool & Kinderkids (Co-Ed - 4+)

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 \$99/month.

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 \$99/month.

Advanced classes are 90 mins. and \$129/month

Superstars (invite only) are 2 hours and \$149/month

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. Our team represents NGA at local, state, and regional meets, competing at J.O. and 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 considered for enrollment with NGA. For more information about our team and pre-team programs, please call us at (978) 692-9907 or visit us at www.onestopfun.com.

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. \$119/Month.

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: Call for details

Friday Evenings: Call for details

Specials

- Students who sign up for two months save 5%, four months save 10%, six months save 15%

- Families who sign up for more than one class per month will save \$10 for 2 classes and \$20 for 3 or more classes

- Refer a Friend Program - If your friend mentions your name while registering, you get an additional 10% off the next two month'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

OSF Academy Remote Learning Support

Coming for the Fall of 2020, One Stop Fun presents the OSF Academy, providing a safe and supportive work environment for children involved in remote learning programs. Benefits include a dedicated, individual work station (power and WiFi available), supervision by our experienced staff and instructors, lunch/snacks available, and fun study breaks in our spacious gymnastics and ninja facility. Limited enrollment. Contact our front desk at 978-692-9907 to apply.

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