

SIGS Sportsplex Session I August 8th – October 16th

Gymnastics Classes	Age	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Tot 40 Minute	18-36 mos.	Our littlest gymnasts will learn with guidance, basic loco motor function to help stimulate strength of mind & body	5:50	5:50 6:30	6:50	9:15 11:00 7:00	10:00	8:30 9:15
Kinder-Gym 50 Minute	3 Yr. Old	Our preschool toddlers will learn the fundamentals of gymnastics. They will run, jump, tumble, balance & swing on special equipment	4:00 6:00 7:00	5:00 7:00	4:00 6:00	9:00 10:00 11:00 5:00 6:00	9:00 10:00	9:00 10:00
Kinder-Gym 50 Minute	4-5 Yr. Old		4:00 5:00 6:00	4:00 6:00	5:00 6:00 7:00	10:00 11:00 6:00 7:00	9:00 11:00	10:00 11:00
Kinder-Gym-BOYS 50 Minute	4-5 Yr. Old		4:00			10:00		
Progressive BOYS 50 Minute	6 yrs. & Up	Our progressive program will introduce basic gymnastics skills on all of the events including: vault, bars, beam & tumbling for girls & rings & pommel horse for boys	5:00			4:00 7:00		
Progressive Girls 50 Minute 80 Minute *	6-7 yr. Old		5:00	5:00 7:00*	4:00*	4:00 5:00		11:00
Progressive Girls 50 Minute 80 Minute *	8 yrs. & Up		5:00	7:00*	5:00	4:00		
Cheer Tumbling Classes	Age	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 50 Minutes	5 yrs. & Up	Completely new to tumbling. Cartwheels, Roundoffs, Bridge Kick Over	4:30 7:00	4:30 5:30 7:00	4:30 7:30			
Intermediate I 80 Minutes	All Ages	Beginning Backhandspring, Round Off Backhandspring	7:00	5:30 6:30		7:00		
Intermediate II 80 Minutes	All Ages	Round Off Backhandspring Series. Round Off 3, Standing 2 Backhandspring	4:00	7:00	7:30	5:30		
Advanced 80 Minutes	All Ages	Tucks and Layouts on Floor	7:00		5:30			
Fulls Classes 80 Minutes	All Ages	Must have Tucks and Layouts on Floor				7:00		11:00

Pricing Schedule

30 Minute Swim Class \$ 85.00
50 Minute Class \$125.00
80 Minute Class \$160.00

Registration Fee \$ 35.00

SIGS Sportsplex
4343 Security Parkway
New Albany, IN 47150
812-949-7447
www.sigssportsplex.com

OPEN GYM
 16 months & Up
 Monday & Tuesday 10:00-11:00am

OPEN BOUNCE TIME
 Friday 9:00am-12:00pm each Friday
 &
 Friday 4:00-7:00pm the 3rd Friday of each month!

OPEN CHEER GYM
 Saturday 12:30-2:00

Open Program Pricing

Members: \$6.00
 Non-Members \$8.00
 Member Punch Cards \$30.00 (6 Visits)

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Swim Classes	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Tot	Allows parents to assist in the introduction of water to infants & toddlers	6:00			11:30		9:30 11:30
Level 1	Learn to float and propel themselves thru the water at short distances	4:00		10:00 10:30 4:30 5:30	12:30		9:30 10:00 11:00
Level 2	Learn to swim the width of the pool using a front crawl stroke and breathing	4:30		11:00 12:00 4:00 5:00	11:00 4:30 5:30		9:00 10:30 11:00 11:30
Level 3	Swimmers learn to side breathe while using a front crawl stroke	5:30		11:30 6:00	10:30 4:00		9:00
Level 4	Swimmers will continue to work on efficient breathing for front crawl. They will focus on the backstroke	5:00			12:00(4/5) 5:00		10:00
Level 5	Reinforce previously learned skills and focus on competitively legal breaststroke	6:30			12:00(4/5) 6:00		
Level 6	Swimmers will focus on competitively legal butterfly, breaststroke, backstroke & freestyle			6:30			10:30
Aqua Aerobics		9:00 9:45 1:00 1:45 7:00	1:00 1:45 6:30 7:15	1:00 7:00	9:00 9:45 1:00 6:30 7:15		OPEN SWIM 12:00-2:00

Cool Swimming Facts

- An estimated 65 thousand people in the United States alone do not know how to swim. Many of them learned as young children but never go to a pool, lake, river, or ocean anymore and have forgotten how to swim over the years. Others were never taught and continue to avoid the activity altogether. It was once thought that knowing how to swim was important for safety reasons, but now it is pretty much left up to the individual.



- Swimming is a very safe form of exercise because it is considered to be low impact and easy on the bones and joints. You can do exercises in the water using floats and weights and enjoy a good workout without worrying about serious injury. This is especially true if you have arthritis or other types of physical limitations.