

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 6:50	5:50 6:30	6:50	9:15 11:00 7:00	9:15 10:00	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	6:00	10:00 11:00 5:00 6:00	10:00 11:00	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			9:00 6:30		
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 7:15		
Progressive Girls 50 Minute 80 Minute *	6-7 yr. Old		7:00	4:00 5:00 7:00*		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	Cartwheels, Roundoffs, Bridge Kick Over		4:00 7:15		6:00		10:00
Intermediate I 80 Minutes	All Ages	Beginning Backhandspring, Round Off Backhandspring		5:00		5:30 7:00		11:00
Intermediate II 80 Minutes	All Ages	Round Off Backhandspring Series. Round Off 3, Standing 2 Backhandspring		4:00		7:00		
Advanced 80 Minutes	All Ages	Tucks and Layouts on Floor				6:30		
Trampoline 50 Minutes	7 yrs. & Up			6:00		4:00		

SIGS Sportsplex

**Session III
January 1st – March 10th**

SIGS Sportsplex 4343 Security Parkway New Albany, IN 47150 (812)949-7447 www.sigssportsplex.com	Check Us Out on Facebook & Twitter 
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Pricing Schedule

30/45 Minute Swim Class \$ 85.00
40/50 Minute Class \$125.00
80 Minute Class \$160.00

Annual Family Registration Fee \$35.00

Open Programs

OPEN GYM
16 Months & Up
MONDAY ONLY 10:00am -11:00am
If Monday is a Holiday we will have Open Gym on Tuesday!

BOUNCETIME
Thursday & Friday 9:00am-12:00pm

OPEN CHEER GYM
Saturday
12:30pm-2:00pm

OPEN PROGRAM PRICING
Members = \$6.00
Non-Members = \$8.00
Member 6-Punch Cards = \$30.00
Non-Member 6-Punch Cards = \$48.00

SIGS Sportsplex Session III January 1st – March 10th

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	5:30	11:00			10:00
Level 1	Learn to float and propel themselves thru the water at short distances	4:00	6:30	10:00 12:00 5:30	11:30 4:30		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	6:00	11:30 4:00 5:00	11:00 12:00 5:30		10:30 11:30
Level 3	Swimmers learn to side breathe while using a front crawl stroke	5:30	5:00	10:30 4:30 6:00	4:00 6:00		9:00
Level 4	Swimmers will continue to work on efficient breathing for front crawl. They will focus on the backstroke	5:00	4:00		6:30(4/5)		
Level 5	Reinforce previously learned skills and focus on competitively legal breaststroke	6:30			5:00 6:30(4/5)		
Level 6	Swimmers will focus on competitively legal butterfly, breaststroke, backstroke & freestyle		4:30	6:30			
Aqua Aerobics	Come up to four classes per week!	9:00 1:00 1:45 7:00	1:00 7:15	1:00 1:45 7:00	9:00 1:00 7:15		

**New Program at SIGS
Motion Evolution!**



Motion Evolution is a program that integrates physical literacy, nutritional education, brain-body science, with fun; making it a complete wellness package! Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.), giving children a greater fitness level and increased confidence. We will be targeting all children ages 6 and up.

The classes are 10 weeks long and have a 50-minute duration. Class space is limited. Please see the office today to enroll!

Classes are offered:

Mondays 5:00 6-9 yrs. old

**Wednesdays 6:00 6-9 yrs. old
7:00 10 + yrs. old**