

INVITATIONAL GYMNASTICS



Invitational Gymnastics for Boys and Girls 3 to 12 years old

The Starburst Program is designed for boys and girls with an aptitude for the sport of gymnastics who want to take it to the next level.

Classes range from 3-4 years old up to 8-12 years old.

NOVA'S

(Invitational Boys Gymnastics, 4 - 5 year olds)

Nova's is an invitational class designed for Boys ages 4 to 5 years old working towards level 1 and level 2 skills. This 90 minute class is focused strength, conditioning, flexibility and the skills required in the six men's Olympic events.

Wednesday 1:15 - 2:45 pm

\$91 per month for 1 class per week

LITTLE LIGHTS

(Invitational Girls Gymnastics, 3 - 4 year olds)

Little Lights is an invitational class for 3 and 4 year old girls that show an aptitude for the sport, and a love of the sport, at this very young age. This is a 1 hour class.

Monday 9:10 - 10:00 am

Wednesday 1:10-2:00 pm

Thursday 11:00 - 11:50 am

\$78 per month for 1 class per week

STAR LIGHTS

(Invitational Girls Gymnastics, 4 - 6 year olds)

Star Lights is an invitational class for 4 and 6 year old girls that show an aptitude for the sport, and a love of the sport, at this very young age.

Monday 5:30 - 6:50 pm

Tuesday 4:00 - 5:20 pm

Thursday 9:00 - 10:20 am

\$86 per month for 1 class per week

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GYMNASTICS



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SUPER NOVA'S

(Invitational Boys Gymnastics, 6 - 9 year olds)

Super Nova's is an invitational class designed for Boys ages 6 to 9 years old working towards level 2 through level 3 skills. This 90 minute class is focused strength, conditioning, flexibility and the skills required in the six men's Olympic events.

SHOOTING STARS

(Invitational Girls Gymnastics, 5- 8 year olds)

Shooting Stars is an invitational class for 5 to 8 year old girls on the track to Team Avant Coeur. These girls love the sport of gymnastics and are able focus their minds for the 2hr class.

Monday 4:00 - 6:00 pm

Wednesday 4:30 - 6:30 pm

Thursday 4:00 - 6:00 pm

\$104 per month for 1 class per week

Tuesday 5:00 - 6:30 pm

\$91 per month for 1 class per week

SUPER STARS

(Invitational Girls Gymnastics, 6-8 year olds)

Super Stars is an invitational class for 6 to 8 year old girls on the track to Team Avant Coeur. These girls love the sport of gymnastics and are able focus their minds for the 2.5hr class.

Monday 4:00-6:30p

Wednesday 4:00-6:30pm

\$122 per month for 1 class per week

RISING STARS

(Invitational Girls Gymnastics)

Rising Stars is an invitational class for girls on the track to Team ACG.

Thursday 5:00 - 7:30 pm (waitlisted) \$122 per month for 1 class

per week

Avant Coeur Gymnastics 6360 Sunshine Street, CdA, Idaho 83815 772-9443 www.cdagym.com

The COEUR

(Invitational Girls Gymnastics)

The Coeur is an invitational class for girls on the track to Team Avant Coeur. Gymnasts in this program will have the opportunity to compete in 1 - 3 in house competitions.

Monday or Wednesday 6:00 - 8:00 pm

\$104 per month 1 class \$170.00 2 classes