



ABK's Gymnastics

Gymnastics can be considered one of the foundation sports for all other sports as well as for life. At ABK, we offer the best quality gymnastics training for all children. Whether your child is a preschooler, beginner or an advanced acrobat, ABK has something for everyone. Our educated and energetic staff combined with the latest training equipment makes ABK the ultimate place to be for gymnastics training.

PRESCHOOL GYMNASTICS

Tumble Weeds (Walking-3 years)

Parent Participation, 45 minute class

Instructors guide parents, who in turn guide their children through various loco motor development activities. Children will gain vocabulary skills, space definitions, and an introduction to gym equipment.

Tumble Tots (3-4½ years)

45 minute class

Children experiment in obstacle courses, beams, cards, tunnels, trampoline rebound surfaces, tumbling, musical activities, and other fun-inspiring stations.

Gym Kids (4½-5 years)

45 minute class

Students will work on more advanced and equipment-specific skills, spending more time on balance beams, parallel bars, rings, vault, trampolines, etc.

FREE TRIAL CLASS

Try it Out! No Obligation. Call today! 245-0432



Class Schedule online!
www.abkfun.com

REGISTRATION FEES

Individual Membership \$30.00 /year

Family Membership \$60.00/year

Registration fee valid for all programs and members receive discounts on Special Events, Parent's Night Out, and Camps.



Download the
ABK Mobile App

RECREATIONAL GYMNASTICS

Girls Recreational Gymnastics (6 yrs+)

Our girl's gymnastics classes offer skill progressions on tumbling, trampoline, balance beam, uneven bars, and vaulting. Self-discipline, raised self-esteem, focus, and organization are great side benefits of the concentration required to successfully perform the skills.

Beginning Level, White/Orange, 1 hour class

Intermediate Level, Blue/Purple, 1 hour class

Advanced Level, Green/Red/Black, 1 ½ hour class

Boys Gymnastics and Freestyle Acro (6 yrs+)

We have found that the majority of boys are not looking for another competitive sport, but rather a fun way to cross-train and stay fit. They're looking for a place to learn basic acro training for snowboarding, skateboarding, wake boarding, free running, martial arts, and other sports.

Beginning Level, White/Orange, 1 hour class

Intermediate/Advanced Level, Blue-Black, 1 hour class

Tumbling (10 yrs+)

Power Tumbling is an exciting class designed to focus on developing tumbling skills for boys and girls. Through the use of trampolines, spring floors, and other equipment all levels of tumblers will have fun and reach their goals.

Beginning/Intermediate/Advanced, 1 hour class

MULTIPLE CLASS DISCOUNTS (per month)

	<u>Monthly Class Cost</u>	<u>2nd Class Cost</u>	<u>3rd Class Cost</u>
Tumble Weeds	\$42/mo	\$32/mo (\$74/mo 2xw)	\$32/mo (\$106/mo 3xw)
Tumble Tots Gym Kids	\$45/mo	\$35/mo (\$80/mo 2xw)	\$35/mo (\$115/mo 3xw)
All 1 Hour Rec Classes	\$55/mo	\$45/mo (\$100/mo 2xw)	\$35/mo (\$135/mo 3xw)
All 1 ½ hour Rec Classes	\$75/mo	\$45/mo (\$120/mo 2xw)	\$45/mo (\$165/mo 3xw)