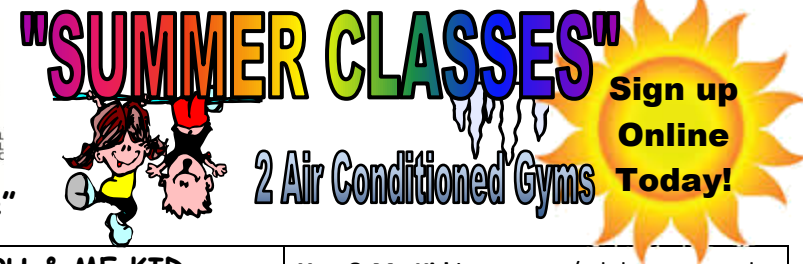


SUMMER 2017
June 19th - August 18th
"COME TO ONE OR COME TO ALL"



Come to as many classes a week that your summer schedule allows. You must sign-up in advance to reserve your spot in each class. Making your own schedule allows flexibility with vacations and other activities.

TUITION	Length Of Class	Price Per Class	*10% OFF 6+ Classes *Must Be Same day & Time
	45 min	\$20.00	\$18.00
	1 hour	\$22.00	\$19.80
	1 ½ hour	\$27.00	\$24.30

***Save 10% when enrolling in the same class, day & time for 6 or more weeks! See left for more family discounts. (No Refunds or Credits for Missed Classes)**

Walking to 3yrs / YOU & ME KID

MON	TUES	WED	THUR
6:00-6:45pm	10:30-11:00	10:00-10:45	10:00-10:45

You & Me Kid is a parent/adult structured class for children walking to age 3. This class promotes quality time with your child while developing listening and gross motor skills in a safe and fun environment.

Rollie Pollie is a 45 minute structured class for 3 & 4 yr old Girls & Boys. The Children will learn the basics of gymnastics, fine tune their large motor skills and also enhance their listening skills.

Ages 3 & 4 / ROLLIE POLLIE

MON	TUES	WED	THUR
5:00-5:45 6:00-6:45	9:30-10:15 10:30-11:15 11:15-12:00	10:45-11:30 5:00-5:45 6:00-6:45	10:45-11:30 5:00-5:45 6:00-6:45

Yearly Membership Fee: \$25.00 per family

Tuition: Due at time of registration.

(Families with multiple children enrolled may pay in two payments, inquire in office for details.)

No Refunds or Credits for missed classes.

Age Restrictions: Age is based on date of Class week.

Four Students Needed to Run a Class

Tell your friends, "Fitness Is For Life!"

DISCOUNTS

Save 5% on additional family member's tuition. (When enrolled in same number of classes) Please Note: You need to call or enroll in person to receive the sibling discount.

***Save 10% off when pre-enrolling in the same class, day & time for 6 or more weeks & paying in full at time of registration.**

Preferred Form Of Payment

CHECK or CASH! (\$30 Return Check Fee)

Also accepted: Debit, MC, VISA, & DISCOVER

CPR & USA Gymnastics Safety Certified Instructors!

Ages 5 & 6 / 7 & UP / FLIP-TASTICS I & II

	MON	TUES	WED	THUR	FRI
Ages 5&6	5:00-6:00 6:00-7:00	1:15-2:15 5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00	1:15-2:15
Ages 7+	5:00-6:00 6:00-7:00	1:15-2:15 5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00	5:00-6:00 6:00-7:00	1:15-2:15

Flip-tastics I & II is for school-age children, Girls & Boys with no to limited gymnastics experience. The children will build strength and flexibility while learning progressive skills in a non-competitive achievement-oriented, safe and fun environment.

2 AIR CONDITIONED GYMS

Sign-up Online Now or Call to Enroll Today!!!

Summer Fun Days FVG Camp

Boys & Girls - MIX IT UP!!!

Sign-up for a 1/2 Day, Full Day or a Week of FUN!

See our Summer Fun Days Camp Brochure for details.

9 weeks offered starting June 19th

Tumble I is a class for children ages 8 & up, wanting to learn basic tumbling. **Tumble II** is an advance tumbling class. Prerequisite: Back handspring on floor unassisted. **Boys & Girls**

TUMBLE CLASS

MON	TUE	THUR
Tumble I 6:00-7:00	Tumble I 6:00-7:00 Tumble II 6:30-7:30	Tumble I 5:00-6:00

Flip-tastics III & IV is a class for Girls & Boys ages 6 & up with previous gymnastics experience. Certain skill prerequisites are required. Children will learn advance skills and develop muscle awareness while having fun.

FLIP-TASTICS III & IV

TUES	WED	THUR
4:30-6:00	6:00-7:30	5:30-7:00



"SHAPING KIDS FOR THE FUTURE..."

... is our goal! We have strived to achieve this goal through the programs we offer; Gymnastics, Tumbling, Sports Performance, Fun Fitness Activities & More. These physical activities are a great way to challenge the body and mind. The children learn the importance of responsibility, good health & behavior, exercise and how to move their bodies in fun and exciting different ways. Programs are taught in a clean, safe, caring, fun and inviting environment. Our 25,000+ square foot facility has three different gyms filled with junior and Olympic regulation equipment, bars, beams, vault tables, spring floor, 40 ft. long tumble track & inflatable air track bouncer, three trampolines, two foam training pits and a lot of fun training shaped mats. Our staff are First Aid, CPR and USA Gymnastics Safety Certified. The instructors have much experience working with children in the areas of gymnastics, cheer, dance and more. We at Farmington Valley Gymnastics & More, LLC are extremely energetic, excited and dedicated to work hard at helping to develop RESPONSIBLE, HEALTHY, HAPPY KIDS FOR TODAY AND TOMORROW!

Farmington Valley
Gymnastics & More, LLC
5 Northwest Drive
Plainville, CT 06062
Web: FVGandMore.com



"Shaping Kids For The Future"

2017

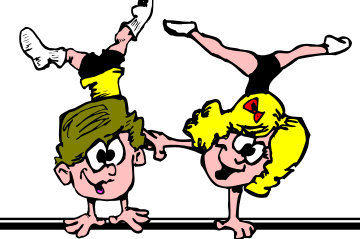
"SUMMER CLASSES"



**5 Northwest Drive
Plainville, CT 06062**

860 793-1616

Web: FVGandMore.com



**Developing Responsible,
Healthy, Happy Kids
For Today & Tomorrow!**

2 Air Conditioned Gyms