



# Class Schedule




Address: 226 Nazareth Drive – Belle Vernon




Phone: 724-684-6260



Slovak Gymnastic Union District  
No. 47 of Monacaen, PA.

[www.falcongymnastics.info](http://www.falcongymnastics.info)

Class	Monday	Tuesday	Wednesday	Thursday	Saturday	Price
<b>Nestlings:</b> This class is designed for children ages 18 months to 36 months accompanied by a parent or guardian. Adults help the children develop gross motor skills and body awareness with direction from the instructor. (25 mins)	5:30 - 5:55	5:30 - 5:55		11:30 – 11:55	9:45 – 10:10	\$24 / month \$6 / lesson
<b>Fledglings:</b> Ages 3 to 4 years old. Beginner gymnastics skills, flexibility, strength and FUN are the main focus of this class. (40 mins)	6:00 – 6:40	6:00 – 6:40 	5:45 – 6:30	10:45 – 11:25 1:00 – 1:40 6:30 – 7:10	10:15 – 10:55	\$36 / month \$9 / lesson
<b>Falconettes/Lil' Falcons:</b> Beginner gymnastics for ages 4 and 5 year olds. (55 mins)	6:45 – 7:45		6:30 – 7:30	12:00- 12:55 5:30 – 6:30	\$48 / month \$12 / lesson	
<b>Combo Gymnastics / Soccer Class</b>  <b>Falconettes/Lil' Falcons:</b>  <b>Fledglings:</b>	10:00 – 11:30	Beginner gymnastics for ages 4 and 5 year olds (45 min) class immediately followed by 45 min soccer skills class in the Falcon Fieldhouse.				\$60 per month
	11:30 – 12:30	Beginner gymnastics for ages 3 and 4 year olds (30 min) class immediately followed by 30 min soccer skills class in the Falcon Fieldhouse.				\$52 per month
<b>Playtime with Parents:</b> This is a drop in playtime with no long term commitments! It is a supervised but unstructured open playtime where parents and their children can explore, play and socialize.				9:45 – 10:45		\$5 per session
<b>Beginner Girls 1:</b> Beginner gymnastics for 5 to 7 year olds. This class focuses on drills and skills on all four Olympic events, flexibility, and strength. (55 mins)	5:30 – 6:25	6:00 – 6:55	5:30 – 6:25	6:30 – 7:25	11:00 – 11:55	\$48 / month \$12 / lesson
<b>Beginner Girls 2:</b> Beginner gymnastics for ages 8 and up. (55 mins)	6:30 – 7:25	5:00 – 5:55	6:30 – 7:25	6:30 – 7:25		\$48 / month \$12 / lesson
<b>Intermediate Girls 1:</b> Intermediate gymnastics for 5 to 7 year olds. This class builds on the basic gymnastics skills on all events learned in the beginner classes. (55 mins)	5:30 – 6:25	6:00 – 6:55	5:30 – 6:25	5:30 – 6:25		\$48 / month \$12 / lesson
<b>Intermediate Girls 2:</b> Intermediate	6:30 –	5:00 –	6:30 – 7:25	5:30 –	12:00 – 12:55	\$48 / month

gymnastics for ages 8 and older. (55 mins)	7:25	5:55		6:25		\$12 / lesson
<b>Advanced Girls Gymnastics:</b> By instructor invitation only. (55 mins)	7:30 – 8:25		7:30 – 8:25	7:30 – 8:25		\$48 / month \$12 / lesson
<b>Level 1 Girls (Pre- Team) Gymnastics:</b> By instructor invitation only. (2 hrs)	5:30 – 7:25		5:30 – 7:25			\$60 / month
<b>Raptors:</b> This class is not just boy's gymnastics! We will work towards improving speed, agility and strength which will enhance each athlete's ability in all sports. (55 min)	4:30 – 5:25 5:30 – 6:25					\$48 / month \$12 / lesson
<b>Falcons (Boys Pre-team):</b> (1 hour 15 min)	6:30 -7:45					\$ 52 / month \$13 / lesson
<b>Falcon Tumblers 1:</b> Do you want to learn to flip but not so sure you like the other "stuff"? Do you want to learn that tumbling skill for cheerleading? Then this is the class for you! (55 min)		7:00 – 7:55		5:30 – 6:25	1:00 – 1:55	\$48 / month \$12 / lesson
Class	Monday	Tuesday	Wednesday	Thursday	Saturday	Price
<b>Falcon Tumblers 2:</b> Intermediate tumbling for athletes who can independently do cartwheels, walkovers and are working on handsprings (55 min).	7:30 – 8:25		7:30 – 8:25	6:30 – 7:25		\$48 / month \$12 / lesson
<b>Falcon Tumblers 3:</b> Advanced tumbling for athletes who can independently do roundoff handsprings and are working on tuck, layouts and twists. (55 min).			7:30 – 8:25	7:30 – 8:25		\$48 / month \$12 / lesson
<b>Functional Fitness Fun:</b> This is a non-gymnastics class that focuses on cardiovascular exercises and games, strength and coordination. Nutrition and fitness goals will be discussed quarterly or as needed. Age 6 & up (45 mins)			5:45 – 6:30			\$20 / month \$5 / lesson
<b>Functional Fitness For Adults:</b> This is a non-gymnastics class that focuses on cardiovascular exercises, strength and coordination. Nutrition and fitness goals will be discussed quarterly or as needed. Age 18 & up (55 min)			6:30 – 7:25			\$35 / month \$10 / lesson
<b>Falcons Competitive Women's Team (Instructor Placement)</b>	Tuesday, Friday, Sunday All Levels 5:00 – 8:00			Level 6 & up 6:00 – 8:00	See office for prices	

**Annual Registration Fee: \$35.00**

**All tuition is due by the 1st of each month. There will be a \$10 late fee for all payments received after the 5<sup>th</sup> of each month.**

## So, you're ready to soar! Here's what you need to know.

**Registration:** Just fill out the registration form and pick your class! Once we receive your registration fee of \$35.00 and completed form, we'll make sure we have a space for you! Please keep in mind that this is a non-refundable, annual fee.

**Tuition:** All fees are charged monthly. Each student or family will receive an envelope which must be turned in by the 1st of each month. Please make all checks payable to **Falcon Gymnastics and Fitness**. Your cancelled check will serve as your receipt. If you are paying by cash and would like a receipt, please contact a staff member. There is a \$35.00 charge for all returned checks. If there are 2 or more children in one family taking class, you will receive a 10% discount off your total fee. **Please use the tuition envelope to return your payment!**

**What you should wear:** Girls: leotards are the best. However a t-shirt and shorts work, as long as they are not too baggy. Boys: t-shirt and shorts. FOR YOUR SAFETY: all long hair should be pulled back, no socks, NO jewelry, and NO jeans!

**Weather:** If Belle Vernon School District is closed for or has an early dismissal due to hazardous conditions, then Falcon Gymnastics is also closed. Morning delays will not affect our schedule. Closings will also be posted on our website, facebook and on WPXI. We encourage you to sign up for text alerts from WPXI as well as well as **REMIND** messaging. Text the code **@feakk** to **81010**. When in doubt, just call.

**Make-ups:** The best class for your child is his or her assigned class, however if your gymnast is sick, please call us before his or her class. You will be permitted one make-up every three months. You must call the gym to schedule your make up.

**Parents:** You are invited to stay and watch your child's class. Please keep in mind the following rules:

- No coaching from the viewing area. Any yelling across the gym can cause a gymnast to become distracted and possibly cause an injury.
- You are absolutely NOT permitted outside of the viewing area.
- It is recommended that you leave other children who are not participating in class at home. However, if you choose to bring them, they also must stay in the viewing area and must be supervised at all times. The staff will need to give their full attention to the gymnasts in class. We will not be responsible for children who are not in class.

**Students:** Students must remain in the viewing area until they are called for their class. No food, drink, candy, or chewing gum will be permitted in the gym area. You are not permitted on any equipment without a coach's supervision. Unless your mom or dad is wearing a Falcon Gymnastic Staff t-shirt, they are not a coach! All gymnasts are asked to follow the 3 R's:

1. Respect your coach
2. Respect others
3. Respect yourself

Horseplay will not be tolerated, someone could get hurt! Any student who is acting in an inappropriate manner will be asked to leave. Continued misconduct will be cause for dismissal from the program.

Please feel free to speak with Charity Ruhl, Director of Gymnastics, if you have any questions or concerns. The best times are after class or leave a message and your call will be returned. Your feedback on our program is always welcome.

Sokol was founded in Prague, Czechoslovakia in 1862 by Dr. Miroslav Tyrš. He based his program on the democratic principles of the ancient Greeks and their idea of developing "a sound mind in a sound body". Sokol came to the United States in 1865 and has continued to bring these ideals to people of all ages and abilities around the country for over 135 years. Sokol USA was founded in 1896 in New York City as a benefit society based on the ideals of Tyrš. Sokol USA continues to operate under these guidelines today offering a wide variety of life insurance benefits for all members. Lodge #47 was formed as part of Sokol USA in the 1920's and had operated in Monessen until the 1980's. We are proud to be re-activating Lodge #47 in its beautiful new home. In 2014, Sokol USA merged with GBU Financial Life.

The Lodge #47 philosophy is one that follows the ideals of Dr. Tyrš and Sokol USA; that of Physical Fitness through gymnastics and athletics for all ages and ability levels.

Effective 9/1/2016

