



# August - May Gymnastics & Ninja Class Schedule

## Registration Procedures & Policies

### Registration:

Online: [www.tntkidsfitness.org](http://www.tntkidsfitness.org)

Phone: 701-365-8868

**Class Tuition:** Class tuition varies by class. Payment is due for the first month at time of registration. Future payments will be automatically withdrawn on the 20th of the month. Students in more than 1 class a week receive 25% discount on the additional classes.

**Annual Registration Fee:** \$30 fee required one time per year per family. Covers all family members. Due on or before anniversary date.

**Non-refundable**

**Refunds:** TNT allows refunds within the first week of a class for unused classes for first time athletes. After the first week of class, approved refunds are a credit on your iClassPro account for the unused portion to use for a future class. Credits are only good for one year from the date of issue.

**Registration & Waitlists:** All classes are first come, first serve. You are able to join a waitlist for a full class. You will be contacted if a spot becomes available.

**Make-Up Policy:** TNT does not offer makeups for missed classes. **There are no credits or refunds for missed classes.**

## Movement & Milestones

*Movement & Milestone classes focus on perceptual and gross motor development. Aligning activities to promote milestone achievement. Passive movement to strengthen, lengthen, and introduce muscles to dominant movement patterns. All of these classes require an active helper.*

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Rockin' Rollers</b> 3 months - Crawling   Co-Ed 30 minutes   Preschool Gym	<b>\$32</b>	5:00pm	4:15pm		9:30am	
<b>Curious Crawlers</b> Beginning crawling - early walking Co-Ed   30 minutes   Preschool Gym	<b>\$32</b>		9:30am	5:00pm	5:15pm	
<b>Mini Movers</b> Early walking - confident walking Co-Ed   30 minutes   Preschool Gym	<b>\$48</b>	4:15pm	3:30pm 5:00pm		10:15am 5:45pm	
<b>Wiggly Walkers</b> Confident walkers ready for structured class Co-Ed   45 minutes   Preschool Gym	<b>\$72</b>	9:15am 5:45pm	4:45pm 5:45pm	10:15am 4:45pm 5:45pm 6:45pm	3:30pm 4:45pm	3:30pm
<b>Junior Jumpers</b> 2.5 years old Co-Ed   45 minutes   Preschool Gym	<b>\$72</b>	10:15am 3:30pm 5:30pm	5:30pm 6:30pm	9:15am 5:30pm 6:30pm	4:30pm	4:30pm

## Preschool Gymnastics · 45 Minutes

*Preschool classes introduce basic gymnastics through exploration and creative movement. Classes use rhythm, rhyme, and repetition to teach basic body positions and skills. Classes teach children the five c's: be curious, creative, courageous, competent, and confident.*

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lil Leapers</b> 3 years   Co-Ed 45 minutes   Preschool Gym	<b>\$72</b>	<b>9:15am 10:15am 3:30pm 4:30pm 6:30pm</b>	<b>10:15am 3:30pm 4:30pm 5:30pm 6:30pm</b>	<b>3:30pm 4:30pm 5:30pm</b>	<b>9:15am 10:15am 3:30pm 4:30pm 5:30pm 6:30pm</b>	<b>3:30pm 4:30pm 5:30pm</b>
<b>Tiny Tumblers</b> 4 years   Co-Ed 45 minutes   Preschool Gym	<b>\$72</b>	<b>9:15am 10:15am 3:30pm 4:30pm 5:30pm 6:30pm</b>	<b>10:15am 3:30pm 4:30pm 5:30pm 6:30pm</b>	<b>3:30pm 4:30pm 6:30pm</b>	<b>9:15am 10:15am 3:30pm 5:30pm 6:30pm</b>	<b>3:30pm 4:30pm 5:30pm</b>

**Bolded classes are combined**



# Preschool Gymnastics · 60 Minutes

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Kinder Kids</b> 5 years   Co-ed 60 minutes   TNT Gym	<b>\$76</b>	4:45pm 6:00pm	4:45pm	3:30pm 4:45pm 6:00pm	3:30pm 4:45pm 6:00pm	3:30pm 4:45pm
<b>Hot Shots</b> 4 years   Girls   Recommendation ONLY 60 minutes   TNT Gym	<b>\$76</b>	6:00pm	6:00pm	10:15am	4:45pm	

## School Age Gymnastics



TNT's school age classes follow the USA Gymnastics program standards. At TNT, boys and girls in this program safely learn fundamental skills and progressions on traditional gymnastics equipment. Students advance through skill mastery.

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beginner Girls</b> 6+ years   Girls 60 minutes   TNT Gym	<b>\$76</b>	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm
<b>Intermediate Girls</b> 6+ years   Girls 60 minutes   TNT Gym	<b>\$76</b>	4:45pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	4:45pm
<b>Advanced Girls</b> 6+ years   Girls 60 minutes   TNT Gym	<b>\$76</b>	6:00pm	6:00pm 7:15pm	7:15pm	4:45pm 6:00pm 7:15pm	6:00pm
<b>Beginner Boys</b> 6+ years   Boys 60 minutes   TNT Gym	<b>\$76</b>		4:45pm			
<b>Tramp &amp; Tumble</b> 6+ years   Co-Ed   Must have Cartwheel 60 minutes   TNT Gym	<b>\$76</b>					6:00pm
<b>Premier I</b> 6+ years   Girls   Recommendation ONLY 180 minutes   TNT Gym	<b>\$115</b>		7:15pm		7:15pm	
<b>Premier II</b> 6+ years   Girls   Recommendation ONLY 180 minutes   TNT Gym	<b>\$115</b>	6:00pm		6:00pm		

## Ninja

Ninja classes teach kids to functionally move their bodies and overcome obstacles in all areas of life. The classes include activities and circuits to work the cardiovascular system. Children use gymnastics equipment, trampolines, ninja course, a warped wall, and more to learn both fitness and ninja skills.

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ninja Minis</b> 4 - 5 years   Co-Ed 45 minutes   TNT Gym	<b>\$72</b>	4:30pm 5:30pm 6:30pm	5:30pm 6:30pm	3:30pm	4:30pm 5:30pm 6:30pm	5:30pm
<b>Ninja</b> 6+ years   Co-Ed 60 minutes	<b>\$76</b>	3:30pm 7:15pm	4:45pm	6:00pm		4:45pm
<b>Ninja Stars</b> 6+ years   Girls   Recommendation ONLY 60 minutes   TNT Gym	<b>\$76</b>			4:45pm		