

**Monday**

1:00pm Grommets  
3:30pm Grommets  
4:30pm Hang Five  
5:30pm Level 1 (Ages 6-8)  
6:30pm Level 1 (Ages 9+)

**Tuesday**

10:00am Play Date  
11:00am Grommets  
3:30pm Level 1 (Ages 6-8)  
4:30pm Grommets  
5:30pm Level 2 (Ages 6+)  
7:30pm Beg. Tumbling

**Wednesday**

10:00am Play Date  
11:00am Grommets  
3:00pm Grommets  
4:00pm Level 2 (Ages 6-8)  
5:30pm Level 1 (Ages 6-8)  
6:30pm Beg. Tumbling

**Thursday**

1:00pm Hang Five  
2:00pm Level 1 (Ages 6-8)  
3:30pm Boys Power Hour  
4:30pm Level 1 (Ages 6-8)  
5:30pm Hang Five  
6:30pm Level 1 (Ages 9+)

**Friday**

9:00am Grommets  
10:00am Play Date  
3:00pm Level 1 (Ages 6-8)  
5:00pm Grommets

**Recreational Classes**

Pricing is monthly for 1 class per week

**Play Date (Parent/Child, walking-3years)**

**50 min \$84**  
Tuesday 10:00am  
Wednesday 10:00am  
Friday 10:00am

**Grommets (3 years-5 years)**

**50 min \$84**  
Monday 1:00pm, 3:30pm  
Tuesday 11:00am, 4:30pm  
Wednesday 11:00am, 3:00pm  
Friday 9:00am, 5:00pm

**Hang Five (5 years-6 years)**

**60 minutes \$104**  
Monday 4:30pm  
Thursday 1:00pm, 5:30pm

**Level 1 (6-8yrs) 60 minutes \$104**

Monday 5:30pm  
Tuesday 3:30pm  
Wednesday 5:30pm  
Thursday 2:00pm, 5:30pm  
Friday 3:00pm

**Level 1 (9 and up) 60 minutes \$104**

Monday 6:30pm  
Thursday 6:30pm

**Level 2 (6-8yrs) 90 minutes \$144**

Tuesday 5:30pm  
Wednesday 4:00pm

**Level 2 (9yrs and up) 90 minutes \$144**

TBD

**Level 3 (ages 7+) 120 minutes \$184**

TBD

**Advanced Gymnastics (ages 7+)**

TBD

**Boys Power Hour (6yrs+) 60 minutes \$104**

Thursday 3:30pm

**Beginning Tumbling (10 yrs+)**

**60 minutes \$104**  
Tuesday 7:30pm  
Wednesday 6:30pm

**Intermediate Tumbling (10yrs+) 90 minutes**

**\$144**  
TBD

**INFORMATION: [laura@sdgymnastics.com](mailto:laura@sdgymnastics.com)**

**REGISTER ONLINE**  
[www.sdgymnastics.com](http://www.sdgymnastics.com)

**GROSSMONT CENTER**

5500 Grossmont Center Dr  
Suite 267  
La Mesa, CA 91942  
(619) 567-0656

**Annual Membership**  
**\$59 Recreational**

**Team Programs**

(Invite Only)

**Hot Shots Pre-Team (4-6yrs) \$229**  
TBD

**Stars Pre-Team (6yrs+) \$269**  
TBD

**Competitive Team \$389**  
Level 3 TBD  
Level 4 TBD  
Xcel TBD

**Demo Team 60 min \$64**  
TBD

**Annual Membership:**  
\$99 Pre-Team (Includes leotard)  
\$349 Team (Includes leotard)

**Special Events**

**Open Gym (ages 5+)**

**Saturday 10:00am-12:00am**  
Members \$20  
Non-Members \$30

**Morning Away (5 & under)**

**Friday 11:00am-12:00pm**  
Members \$10  
Non-Members \$15

**Date Night(Fridays/Saturdays)**

Members \$30  
Non-Members \$40

**Birthday Parties (Saturdays)**

12:00pm, 2:00pm, 4:00pm  
\$225 (1.5 hours for up to 10 children)  
\$15/extra child