

Monday

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

Tuesday

10:00 am Play Date
11:00 am Grommets
3:30 pm Grommets
3:30 pm Level 1 (Ages 6-8)
4:00 pm Hot Shots
4:30 pm Grommets
4:30 pm Hang Five
5:30 Demo team
5:30 pm Boys Power hour
5:30 pm Level 2 (Ages 6+)
5:30 pm Stars
7:00 pm Int. Tumbling
7:30 pm Beg. Tumbling

Wednesday

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

Thursday

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

Friday

9:00 am Grommets
10:00 am Play Date
4:00 pm Level 1 (Ages 6-8)
4:00 pm Stars
5:00 pm Grommets

Saturday

9:00 am Play Date

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
Saturday 9:00am

Grommets (3 years-5 years)

50 min \$84

Monday 3:30pm
Tuesday 11:00am, 3:30 pm, 4:30pm
Wednesday 11:00am, 3:00pm
Thursday 5:30pm
Friday 9:00am, 5:00pm

Hang Five (5 years-6 years)

60 minutes \$104

Monday 4:30pm
Tuesday 4:30pm
Wednesday 1:00 pm
Thursday 4:30pm, 5:30pm

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

Monday 3:00pm, 5:30pm
Tuesday 3:30pm
Wednesday 5:30pm
Thursday 4:30pm
Friday 4:00pm

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

Monday 6:30pm
Thursday 6:30pm

Level 2 (6+) 90 minutes \$144

Monday 4:00pm
Tuesday 5:30pm
Wednesday 4:00pm

Level 2 (6+) 90 minutes \$144

Monday 4:00
Tuesday 5:30pm
Wednesday 4:00pm

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

Wednesday 4:00

Advanced Gymnastics (ages 7+)

TBD

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

Tuesday 5:30pm
Thursday 3:30pm

Beginning Tumbling (10 yrs. +)

60 minutes \$104

Tuesday 7:30pm
Wednesday 6:30pm

Intermediate Tumbling (10yrs+)90 minutes \$144

Tuesday 7:00pm

INFORMATION:

laura@sdgymnastics.com

REGISTER ONLINE

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

Tuesday/Thursday 4:00pm-5:30pm

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

Tuesday/Thursday 5:30pm-7:00pm
Friday 4:00pm-6:00pm

Competitive Team \$389

Level 3 TBD
Level 4 TBD
Xcel TBD

Demo Team 60 min \$64

Tuesday 5:30pm-6:30pm

Annual Membership:

\$99 Pre-Team (Includes leotard)
\$349 Team (Includes leotard)

Special Events

Open Gym (ages 5+)

Saturday 10:00am-12:00pm

Members \$20

Non-Members \$30

Open gym (5 & under)

Friday 11:00am-12:00pm

Members \$10

Non-Members \$15

Date Night

Members \$30

Non-Members \$40

Birthday Parties (Saturdays)

1:00pm, 3:00pm

\$225 (1.5 hours for up to 10 children)

\$15/extra child