

# SCHOOL-AGED CLASSES

**Gymnastics**  
**Tumbling**  
**Trampoline**  
**Swim**

Our school-aged programs are for children ages 5-18. Children progress at different rates and class promotion is based on age + skill attainment (evaluations are by instructor)

**SIGSgym.com**  
**812-949-7447**

**SIGS**  
sportsplex



	AGE	GYMNASTICS CLASSES	MON	TUES	WED	THURS	FRI	SAT
Kindergym Boys	4-6 Years	Our Kindergym boys, ages 4-6, will learn the fundamentals of gymnastics. They will run, jump, tumble, balance & swing on special equipment. \$65/month - 50 minute class	4:00 p.m. 6:00 p.m.		4:00 p.m. 6:30 p.m.	11:45 a.m. 7:00 p.m.	5:00 p.m. 6:00 p.m.	
Kindergarten Girls	5 Years	Our Kindergarten-aged friends will learn the fundamentals of gymnastics. Girls will run, jump, tumble, balance & swing on special equipment. \$65/month - 50 minute class	5:00 p.m. 6:00 p.m. 7:00 p.m.	7:00 p.m.	4:00 p.m.	9:00 a.m. 4:00 p.m. 5:00 p.m. 6:00 p.m. 7:00 p.m.	11:00 a.m.	9:00 a.m.
Progressive Girls	5-7 Years	Our progressive girls program will introduce basic gymnastics skills on all of the events including: vault, bars, beam & tumbling for girls. \$65/month - 50 minute class	4:00 p.m. 4:30 p.m. 5:00 p.m. 6:30 p.m.	4:00 p.m. 5:00 p.m. 6:00 p.m. 7:00 p.m.	4:30 p.m. 6:00 p.m.	4:00 p.m. 5:00 p.m. 6:00 p.m.	6:00 p.m.	11:00 a.m.
Progressive Boys	7 Years + Up	Our progressive boys program will introduce basic gymnastics skills on all of the events including: vault, bars, tumbling, rings, & pommel horse. \$65/month - 50 minute class	5:00 p.m. 7:00 p.m.	3:40 p.m.				
Progressive Girls	8 Years + Up	Our progressive program will introduce basic gymnastics skills on all of the events including: vault, bars, beam & tumbling for girls. \$65/month - 50 minute class	5:30 p.m. 6:30 p.m.	5:00 p.m. 6:00 p.m.	7:00 p.m.	5:00 p.m. 6:00 p.m. 7:00 p.m.	5:00 p.m.	10:00 a.m.
	AGE	TUMBLING CLASSES & TRAMPOLINE CLASSES	MON	TUES	WED	THURS	FRI	SAT
Beginner Tumbling	5 Years + Up	Completely new to tumbling. Tumblers will learn cartwheels, round offs and bridge-up kick-overs. \$65/month - 50 minute class	6:00 p.m. <i>5-7 yrs</i>	4:00 p.m. 6:00 p.m. <i>5-7 yrs</i>	5:00 p.m. <i>5-7 yrs</i> 6:00 p.m. <i>8 yrs + Up</i>	6:00 p.m. <i>5-7 yrs</i>	5:00 p.m. 6:00 p.m.	10:00 a.m. <i>5-7 yrs</i> 11:00 a.m. <i>8 yrs + Up</i>
Intermediate	6 Years + Up	Tumblers must have <b>mastered</b> a cartwheel, round off, and bridge-up kick over to enroll in Intermediate Tumbling. Tumblers will work on beginning back handspring and round-off back handsprings. Once mastered, tumblers will then work on a round-off back handspring series, round-off with three back handsprings, and standing two back handsprings. \$65/month - 50 minute class	4:00 p.m. 5:00 p.m. 7:15 p.m.	7:00 p.m.	5:00 p.m.	7:00 p.m.		12:00 p.m.
Trampoline	7 Years + Up	Learn the techniques needed to perform tumbling skills on a trampoline. <i>Tumblers will need to bring socks to class.</i> \$65/month - 50 minute class (Beginner) \$85/month - 80 minute class (Advanced)	6:00 p.m. <i>Advanced 50 min.</i> 7:00 p.m. <i>Advanced 80 min.</i>			5:00 p.m. <i>Beginner</i>		

# SWIMMING CLASSES



Our swimming classes are designed to support water safety. Students are taught a progression of swimming skills and are promoted based on mastery of all skills.

Instructors evaluate students for promotion to the next level. Most classes are 30 minutes and most have a 4:1 student : teacher ratio.

	AGE	SWIMMING CLASSES	MON	TUES	WED	THURS	FRI	SAT
Parent & Tot	6-36 Months	Parents assist in the introduction of water and water safety. One parent attends class with the student. <b>\$52/month - 5:1 ratio - 30 minute class</b>			6:00 p.m.			11:00a.m.
Level 1	3 years + Up	Introduction of starfish float and arm circles. Students are taught to glide to the instructor and increase water confidence. Water safety is also taught. <b>\$52/month - 4:1 ratio - 30 minute class</b>		5:30 p.m. 6:30 p.m.	6:00 p.m.	6:00 p.m.		10:00 a.m. 11:30 p.m..
Level 2	3 years + Up	Students taught to hold breath under water for 6-10 seconds. Taught to kick the width of the pool. Work to swim half the width of the pool without assistance. Taught to retrieve rings/sticks from 3rd step of pool. <b>\$52/month - 4:1 ratio - 30 minute class</b>		5:30 p.m. 6:00 p.m. 6:30 p.m.	5:00 p.m. 5:30 p.m.	5:30 p.m. 6:30 p.m.	6:00 p.m.	10:30 a.m.
Level 3	5 Years + Up	Taught the swim the width of the pool without assistance, with straight legs. Master arm circles. Work to kick the width of the pool on their back with a kickboard without assistance. Master the starfish float. <b>\$52/month - 4:1 ratio - 30 minute class</b>	5:00 p.m.	4:30 p.m. 6:00 p.m.	6:30 p.m.	4:30 p.m.	5:00 p.m.	9:00 a.m. 9:30 a.m.
Level 4	6 Years + Up	Taught to swim the length of the pool using freestyle stroke. Taught to side-breathe with freestyle stroke. Taught to swim backstroke the length of the pool with kickboard. <b>\$52/month - 4:1 ratio - 30 minute class</b>	5:30 p.m. 6:30 p.m.	5:00 p.m.	4:30 p.m. 6:30 p.m.	5:00 p.m.	4:30 p.m. 6:30 p.m.	
Level 5/6/7	6 Years + Up	Master breaststroke kick & pull. Swim length of pool using breaststroke. Swim width of pool using butterfly kick. Tread water 30-60 seconds. Master butterfly kick & pull. Swim the length of the pool using butterfly stroke. Master backstroke arms, swim backstroke length of the pool. Taught to breaststroke kick the length of the pool using a kickboard. The 50 minute class readies swimmers for swim team. <b>\$52/month - 5:1 ratio - 30 minute class</b> <b>\$65/month - 5:1 ratio - 50 minute class</b>	6:00 p.m.	4:30 p.m. *7:00 p.m. <i>*50 min</i>			5:30 p.m.	

## ABOUT SIGS MONTHLY CLASS PROGRAMS

**CLASS ENROLLMENT AT SIGS:** SIGS recreational class programs meet one-time each week (unless specified). Class fees are collected upon enrollment. Classes are billed monthly to a card on file with SIGS Sportsplex; accounts are drafted on the 20th of the month. **There are no member fees, but families agree to remain enrolled for a minimum of 2 months.** Students remain enrolled until notice is given by the parents prior to the draft date. **Students may change days or times or classes—parents can access their accounts online to make**

**the change or call the office at 812-949-7447.** Students will be promoted by age for age-based classes and/or ability at the discretion of the class instructor; you can ask to have your child evaluated at any time—just ask your child’s instructor. **SIGS is not able to offer make-up classes due to the volume of students, classes and strict class ratios;** if your child is ill please provide a physician note to the SIGS office so that we can issue an account credit. If SIGS cancels classes due to weather or unforeseen circumstances, we will issue

account credits or provide make-up options. SIGS makes every effort to communicate closures or changes to families as quickly as possible, via email, text message and social media. Please make sure current info is on file. **In instances of holidays when the building is closed, SIGS pro-rates monthly enrollment fees for the number of classes available** (example: if your child attends Thursdays and we are closed for Thanksgiving, you will be billed only for classes available that month when drafted on the 20th).

# Preschool Classes



SIGSgym.com 812-949-7447



- Parent & Tot
- 3-Transition
- 3/4 Year-Olds
- Beginner Swim



GYMNASTICS	AGE	CLASS DESCRIPTION	MON	TUES	WED	THURS	FRI	SAT
Gymnastics Parent & Tot	20-36 months	Our smallest friends will learn with guidance: basic loco-motor function will help stimulate strength of mind & body. <b>\$65/month - 40 minute class</b>	5:00 p.m. 6:00 p.m. 6:15 p.m.	4:30 p.m. 5:30 p.m.	6:15 p.m.	9:00 a.m. 11:30 a.m. 5:00 p.m. 6:00 p.m. 7:00 p.m.	9:00 a.m. 7:00 p.m.	9:00 a.m. 11:00 a.m.
3-Transition	3-3 1/2 years	Our preschool toddlers will learn the fundamentals of gymnastics. They will run, jump, tumble, balance & swing on special equipment. For ages 3 years to 3 1/2 years. <b>\$65/month - 40 minute class</b>	4:15 p.m. 5:45 p.m. 6:30 p.m. 7:00 p.m.	4:15 p.m. 6:15 p.m. 7:00 p.m.	4:15 p.m. 5:00 p.m. 5:30 p.m. 7:00 p.m.	9:45 a.m. 11:00 a.m. 4:15 p.m. 5:15 p.m.	9:45 a.m. 10:30 a.m. 7:00 p.m.	10:00 a.m. 11:45 a.m.
KinderGym	3 1/2 - 4 years	Our older preschool friends learn the fundamentals of gymnastics. They will run, jump, tumble, balance & swing on special equipment. For ages 3 1/2 years to 4 years. <b>\$65/month - 50 minute class</b>	4:00 p.m. 5:00 p.m. 6:00 p.m. 7:00 p.m.	4:00 p.m. 5:00 p.m. 6:00 p.m.	5:00 p.m. 6:00 p.m. 7:00 p.m.	10:30 a.m. 4:00 p.m. 5:00 p.m. 6:00 p.m.	9:00 a.m. 10:00 a.m. 5:00 p.m. 6:00 p.m.	9:00 a.m. 10:00 a.m. 10:45 a.m.
SWIMMING	AGE	CLASS DESCRIPTION	MON	TUES	WED	THURS	FRI	SAT
Swim Parent & Tot	6 months - 3 years	Parents assist in the introduction of water and water safety. <b>\$52/month - 5:1 ratio - 30 minute class</b>			6:00 p.m.			11:00 a.m.
Level 1	3 years + up	Introduction of starfish float and arm circles. Students are taught to glide to the instructor and increase water confidence. Water safety is also taught. <b>\$52/month - 4:1 ratio - 30 minute class</b>		5:30 p.m. 6:30 p.m.	6:00 p.m.	6:00 p.m.		10:00 a.m. 11:30 a.m.
Level 2	3 years + up	Students taught to hold breath under water for 6-10 seconds. Taught to kick the width of the pool. Work to swim half the width of the pool without assistance. Taught to retrieve rings/sticks from 3rd step of pool. <b>\$52/month - 4:1 ratio - 30 minute class</b>		5:30 p.m. 6:00 p.m. 6:30 p.m.	5:00 p.m. 5:30 p.m.	5:30 p.m. 6:30 p.m.	6:00 p.m.	10:30 a.m.

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