

# EAGLE'S WINGS CLASS SCHEDULE

PRESCHOOL GYMNASTICS PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
EXPLORAGYM		9:00AM			Preschool Open Gym  1st & 3rd Friday of each Month	9:00AM
EAGLETES	4:30PM 6:00PM		10:00AM	10:00AM 4:30PM		9:00AM 10:00AM
PREGYM - G	5:15PM	10:00AM 5:00PM	11:00AM 4:00PM 6:00PM			10:00AM 11:00AM
PREGYM - B			5:30PM	5:30PM		
GIRLS GYMNASTICS PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
LEVEL 1	4:00PM 5:00PM 6:00PM	5:30PM 6:30PM	2:30PM 5:00PM	4:30PM 5:30PM	Friday Night Out  Every Friday of each Month For School aged kids	9:00AM 10:00AM
LEVEL 2	4:00PM 5:30PM	4:30PM 5:30PM	5:00PM	6:00PM		10:00AM
LEVEL 3	6:30PM	6:30PM	4:30PM	5:30PM 7:00PM		
BOYS GYMNASTICS PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
LEVEL 1	4:00PM 5:00PM	4:00PM	2:30PM 4:00PM	6:30PM	FNO	9:00AM
LEVEL 2	4:00PM		4:00PM			9:00AM
LEVEL 3		4:00PM		4:00PM		
TRAMPOLINE & TUMBLING PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
PRE-TT					FNO	
LEVEL 1		4:00PM	4:30PM	4:00PM		10:00AM
LEVEL 2		5:00PM		5:00PM		
TUMBLING PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
PRE TUMBLE	6:00PM				FNO	
BACK HANDSPRING ONLY				6:30PM		
LEVEL 1	4:00PM 5:00PM 8:00PM	6:00PM 8:00PM	4:00PM 5:00PM 7:00PM 8:00PM	4:30PM 5:30PM 7:00PM 8:00PM		11:00 AM
LEVEL 2	5:00PM 7:00PM 8:00PM	7:00PM 8:00PM	4:00PM 8:00PM	7:00PM 8:00PM		
LEVEL 3	8:00PM	8:00PM	8:00PM	8:00PM		11:00AM
TUMBLING COMBO PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
HIP HOP FLIP FLOP		6:00PM 7:30PM		6:00PM 7:30PM	FNO	
ROCKCLIMBING PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
ALL LEVELS					FNO	10:00AM
GYM FIT PROGRAM *						
	MON	TUE	WED	THUR	FRI	SAT
ALL LEVELS			4:00PM		FNO	

MONTHLY TUITION	1X	2X	3X
	Week	Week	Week
30 Minutes	\$40	\$80	\$120
ExploraGym	\$50	\$90	\$115
45 Minutes	\$60	\$100	\$120
55 Minutes	\$70	\$110	\$145
90 Minutes	\$90	\$145	\$175
120 Minutes	\$110	\$165	\$215

Eagle's Wings offers a \$10 discount on second sibling tuition, and \$20 on third sibling tuition. We will apply a \$20 credit to your next month's tuition for each family referred to EWA.

Each family is required to sign up on our EFT program. Sign up with a credit card or your checking account, and choose your date to be drafted, the 1st or 10th.

PROGRAM REGISTRATION FEES (annual fee)	
Individual	\$35
Family of 2 or more	\$60

Additional Programs Offered

**MOTHER'S DAY OUT**  
Our Mother's Day Out Program meets Tuesday's and Thursday's from 9am-2pm. The focus is set on daily themes, numbers, shapes, and colors. There will be a rest period for each day and a rest mat is provided with annual registration and supply fee of \$125. The monthly tuition is \$140. Please call for information.

**OPEN GYM**

Preschool Open Gym  
1st & 3rd Friday of each month  
10AM-12PM (Age 5 years and under)  
Members \$3  
Non-Members \$5

Home School Open Gym  
1st & 3rd Friday of each month  
1-3PM (all ages)  
Members \$3  
Non-Members \$5

Friday Night Open Gym  
Every Friday  
7-10PM (Ages 6 years and older)  
Members \$10  
Non-Members \$15

Saturday Night Out  
Once a Month  
6-11PM (Ages 4 and older)  
Advance Payment  
Members \$15 Non-Members \$20  
At The Door Payment  
Members \$20 Non-Members \$25

Call, Click or Stop By Today!  
972.727.9911

[www.EWAGYM.com](http://www.EWAGYM.com)

104 N. Greenville Ave. Allen, TX 75002

\*Please note that all class times are subject to change.  
Schedule updated 4.22.10



## **Preschool Gymnastics Program**

**(6:1 Class Ratio)**

### **EXPLORAGYM** (Ages 18 mo. - 3 yrs.) 45 Minute Class

This is a class for boys and girls and their parents to explore the gym together. We focus on safety and introduce gymnastics skills to these tiny tots.

### **EAGLETES** (Age 3 yrs.) 45 Minute Class

This class is for boys and girls and focuses on basic gymnastics and gross motor skills.

### **PREGYM (Boys and Girls)** (Ages 4 to 5 yrs.) 45 Minute Class

This class is broken down by gender and introduces the Olympic events specific to each gender.

## **Girls Gymnastics Program**

**(8:1 Class Ratio)**

### **GIRLS LEVEL 1** (Ages 6 yrs. and up) 55 Minute Class

Our Level 1 class is for girls just beginning gymnastics or moving up from our preschool program.

### **GIRLS LEVEL 2** (Ages 6 yrs. and up) 55 Minute Class

Level 2 is for the intermediate gymnast. These girls have either taken gymnastics before or have been recommended for this class by an instructor.

### **GIRLS LEVEL 3** (Ages 6 yrs. and up) 90 Minute Class

Level 3 is the most advanced of our recreational gymnastics classes for girls, and athletes are placed by instructor recommendation only.

## **Boys Gymnastics Program**

**(8:1 Class Ratio)**

### **BOYS LEVEL 1** (JR ages 6-9, SR ages 10+) 55 Minute Class

Our Level 1 class is for boys just beginning gymnastics or moving up from our preschool program.

### **BOYS LEVEL 2** (Ages 6 yrs. and up) 90 Minute Class

Level 2 is for the intermediate gymnast. These boys have either taken gymnastics before or have been recommended for this class by an instructor.

### **BOYS LEVEL 3** (Ages 6 yrs. and up) 120 Minute Class

Level 3 is the most advanced of our recreational gymnastics classes for boys, and athletes are placed by instructor recommendation only.

## **Trampoline and Tumble Program**

**(8:1 Class Ratio)**

### **PREGYM (Boys and Girls)** (Ages 4 to 5 yrs.) 45 Minute Class

This class focuses on beginning skills for trampoline, double mini and power tumbling for the younger kids.

### **TRAMPOLINE & TUMBLE LEVEL 1** (JR ages 6-9; SR ages 10+) 55 Minute Class

This class focuses on beginning skills for trampoline, double mini and power tumbling.

### **TRAMPOLINE & TUMBLE LEVEL 2** (Ages 6 yrs. and up) 55 Minute Class

This class continues to build off the foundation of skills learned in Level 1 and is for intermediate Trampoline and Tumblers.

## **Tumbling Program**

**(8:1 Class Ratio)**

### **PRE TUMBLE** (Ages 6 yrs. and up) 55 Minute Class

This class focuses on cartwheels, round offs and other basic tumbling skills. Great for new tumblers.

### **BACK HANDSPRING ONLY** (Ages 6 yrs. and up) (Ratio 6:1) 30 Minute Class

This class focuses on Back Handsprings only. Great for Cheerleaders.

### **TUMBLING 1** (Ages 6 yrs. and up) 55 Minute Class

This class focuses on back handsprings. Athletes should be able to do cartwheels and round offs.

### **TUMBLING 2** (Ages 6 yrs. and up) 55 Minute Class

This class focuses on back tucks. Athletes should have a back handspring without assistance.

### **TUMBLING 3** (Ages 6 yrs. and up) 55 Minute Class

This class focuses on layouts and twisting skills. Athletes should have back tuck without assistance.

## **Tumbling Combo Program**

**(8:1 Class Ratio)**

### **HIP HOP FLIP FLOP** (Ages 6yrs. and up) 55 Minute Class

This class is a combination of Hip Hop dance and Back Handsprings. This is great for cheerleaders.

## **Rock Climbing Program**

**(8:1 Class Ratio)**

### **ROCK CLIMBING** (Ages 5 yrs. and up) 90 Minute Class

This class teaches basic climbing skills, how to belay, put on harnesses and safety precautions. We also work on strength and flexibility to enhance their climbing abilities.

## **Gym Fit Program**

**(8:1 Class Ratio)**

### **GYM FIT** (Ages 6 yrs. and up) 55 Minute Class

This class focus on building strength, cardio endurance and self esteem. This class is great for any child in any sport.

## **Competitive Team**

We offer competitive teams in Girl's Gymnastics, Boys Gymnastics, Trampoline and Tumble, and All Star Cheerleading. Each team is by invitation only.