

# DONNA'S GYM-NASTICS TERM #3 OF 2024

REGISTRATION NOW IN PROGRESS!!!

Don't let your children start 2024 without us!!!! Gymnastics &

Movement change lives! Hurry classes fill up fast!!!



We offer something for everyone:

- GYM & LEARN PROGRAM FOR 4 & 5 YR. OLDS!!! NEW Monthly Payment Plan
- Gymnastics (12-18 mos.) & Baby Gym (6-12 mos.)
- Tumbling Classes & Clinics for Cheerleader, Dancers & Gymnasts
- Super Heroes (4-6 yr.) & Fitness Warriors (6-10 yr.)
- Sensory Classes for Special Needs
- Cheer Bears (4-6 yr.) & Cheerleading (7 yr. & up)
- Cheer Dance (7 yr. & up)
- Dancing Bears (Creative Dance & Preschool Ballet & Gymnastics)
- JR & SR Performance Teams
- Homeschool/Daytime classes & Fieldtrips
- Private Lessons
- Birthday Parties

**Donna's Gym-nastics is a non-competitive, educational-based gymnastics program!**

Come & check out our gym at 5717 6<sup>th</sup> Ave. (the old Walgreens building)!!!

\*\*Closed Xmas/New Years (Wed. Dec. 20, 2023-Jan. 6, 2024) for Term #2\*\*

Classes Resume on Mon., Jan. 8, 2024.

Term #3 CLASSES START MONDAY, JAN. 22, 2024. We offer an 8 week & accept enrollment until the 4th week of an 8 week term!!!

Office Hours for Week of Jan. 8-20, 2024:

Mondays & Thursdays 4:30-7:30 pm, Tuesdays 4:30-6:30 pm,  
Wednesdays 9:30 am -1 pm & Saturdays 9:30 am-1:00 pm

Closed Sundays & Fridays

Call OR Text 262-818-8888 about other future office hours.

**HURRY!!! CLASSES  
START MONDAY,  
JAN. 22, 2024!!!**



**NOW IN PROGRESS- Sign-ups for Performance Show Teams for Season II!!!**

- It is a 2 TERM commitment & runs January to June. There are NO tryouts but you must make practices & be committed (we only have 8 practices per term, which is 16 total for the season, so if you play soccer or baseball on Saturdays don't sign- up). We usually perform at the Kingfish games, local college games & nursing homes. (See Attached sheet)

**COVID-19 NOTE:** We have adjusted our schedule to accommodate for cleaning between classes.

\*We ask students to arrive 5-7 minutes BEFORE their class for our Covid check in procedures & to bring a backpack w/their name on it, to store personal items in the gym.

✓ PLEASE REVIEW OUR COVID-19 NEW POLICIES & PROCEDURES SHEET BEFORE YOUR CHILD STARTS THEIR 1<sup>ST</sup> CLASS. NO MASKS are required.



# Donna's Gym-nastics Term #3 of 2024

**TERM #3: Monday, Jan. 22 - Sat., March 16, 2024: All classes 1X per week**

\* **PLEASE NOTE:** Donna's Gym-nastics reserves the right to cancel a class or combine classes due to low enrollment. We offer 8 week Session term enrollment & take registration until the 4th week of a 8 week term!!!

### 8 Week Class Dates:

**Mon. Classes:** Jan. 22, 29, Feb. 5, 12, 19, 26, March 4, 11

**Thurs. Classes:** Jan. 25, Feb. 1, 8, 15, 22, 29, March 7, 14

**Tues. Classes:** Jan. 23, 30, Feb. 6, 13, 20, 27, March 5, 12

**Sat. Classes:** Jan. 27, Feb. 3, 10, 17, 24, March 2, 9, 16

**Wed. Classes:** Jan. 24, 31, Feb. 7, 14, 21, 28 March 6, 13

**Gym Fest will be on Sunday, Jan. 21, 2024! Sign-up by Thurs., Dec. 14! All Participants receive a medal!!!!**

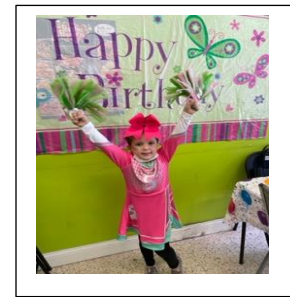
**Donna's Gym-nastics is a non-competitive, educational-based gymnastics program & offers custom classes in:**



### Custom Programs

- Birthday Parties (Gymnastics, Cheer & Fitness Warrior Theme)
- Private & Semi-Private lessons
- Gymnastic & Fitness For Homeschoolers
- Daycare, Preschool, & Girl Scout Field trips
- Tumbling Clinics for Dancers & Cheerleading Squads

***COMING IN SPRING 2024.....SHOWCASE!!!!***



### PRE- REGISTRATION REQUIRED

- Register Online Through Our Website: [donnasgymnastics.com](http://donnasgymnastics.com) & click on "Book A Class" button OR at the Gym OR Register by Mail. **Mailing Address:** 5717 6<sup>th</sup> Ave., Kenosha, WI 53140
- We now take Visa or Mastercard and offer a discount if TUITION is paid with cash or check!!!
- If you register the same day class starts please text OR call us at 262-818-8888;
- We accept registration until the 3rd or 4<sup>th</sup> week of an 8 week term, if class is not filled.



**We Love Your Kids!!!**

### **Come Join Our Team!!**



**JR & SR Performance teams now forming!**



**Check out Our Gym N' Learn Program!!!**  
(1 Hour of gymnastics + 1 hour of Academics)  
**NEW 4 WEEK PAYMENT PLAN!**



**Expert instruction in a small, safe, non-competitive environment!**

**Donna's Gym-nastics, 5717 6<sup>th</sup> Ave (Old Walgreens - next to JJ's Boutique), Downtown Kenosha, 262-818-8888**



# Donna's Gym-nastics Fall Term #3 of 2024

TERM #3: **Mon., Jan. 22, - Sat., March 16, 2024:** All classes 1X per week

Take a 2 or 3<sup>rd</sup> class & get 10% off each additional class!! Plus family discounts!

**PLEASE NOTE:**  
If there is another state shutdown -we will continue the session with Zoom conditioning classes.

### Tumbling/Fitness Class (Formerly Ninja Champion Fitness - 55 min. classes)

**Super Heroes (4-6 yr.)**  
TH 4:30-5:25, 5:30-6:25  
**Fitness Warriors (6 yr. & up)**  
TH 5:30-6:25

**Sensory Classes For Children**  
**W/Special Needs** (parent part. req.)- 40 min.  
3-6 yr. TH 3:50-4:30  
6 yr. & up TH 4:30-5:10

### Custom Programs

- Private & Semi-Private Lessons
- Birthday Parties
- Daytime Gymnastic & Fitness For Homeschoolers
- Daycare, Preschool, & Girl Scout Field trips
- Tumbling Clinics for Cheerleading Squads

### Donna's Gym-nastics Policies

- ✓ We have lifted our mask requirement but will monitor CDC guidelines and reserve the right to change our policies during an 8 week term.
- \* NO REFUNDS, unless put in writing 7 days before classes start.
- \* LIMITED MAKEUPS -due to limited size classes.
- \* Classes are on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis. Spots will NOT be held until FULL payment is made.
- \* Registration can be done over the phone w/credit card/debit payments.
- \* Donna's reserves the right to add, cancel, or change the time/ instructor of any class due to enrollment.

### Mini Tramp & Tumbling Classes (6 yr. & up)

(Bk Handsprings, Tumbling & More!)  
**Beginner MT & T**  
M 6:30-7:25  
T 4:30-5:25, 6:30-7:25  
TH 6:30-7:25  
**Intermediate MT & T**  
M 6:30-7:25  
T 6:30-7:25

### CHECK OUT-Tumbling Class for Cheerleaders, Dancers & Gymnasts!!!

**Bk. Handspring/Tumbling**  
**Class for Cheerleaders,**  
**Dancers & Gymnasts**  
M 6:30-7:25  
T 6:30-7:25

### Co-Ed Gymnastics Classes For 4 & 5 yr. olds

**\*\*INVITE ONLY for II & III Level**  
**CLASSES\*\***

**Super Tumblers I & II**  
M 4:30-5:25, 5:30-6:25  
T 4:30-5:25  
W 11:30-12:25,  
TH 4:30-5:25, 6:30-6:25  
S 10:30-11:55

**Super Tumblers II & III**  
M 4:30-5:25, 5:30-6:25  
T 4:30-5:25  
W 11:30-12:25,  
TH 4:30-5:25 (II only)  
S 10:30-11:25

### Co-Ed Gymnastics Classes For 6 yr. & up - 55 min.

**Beginner & Adv. Beg.**  
M 4:30-5:25, 5:30-6:25  
T 4:30-5:25, 5:30-6:25,  
6:30-7:25  
W 11:30-12:25  
TH 4:30-5:25, 6:30-7:25  
S 10:30-11:25,

### Intermediate & Advanced (Invite Only)

M 5:30-6:25, 6:30-7:25  
T 4:30-5:25, 5:30-6:25,  
6:30-7:25  
S 10:30-11:25,

### Baby/Toddler/Preschool Movement & Gymnastics

**Parent/Tot Classes**  
**New Baby Gym (6-12 mos.) -**  
**For Non-Walkers - 30 min.**  
TH 4-4:30  
**Mini Tumblers (12 mos.-3 ½ yr.)**

**\*\*\*NEW 40 minute class\*\*\***  
(walkers)

T 6:40-7:20  
W 9:30-10:10,  
TH 4:30-5:10, 6:30-7:10

### Independent Child Classes Tiny Tumblers (3 ½-5 yr.)

T 6:40-7:20  
W 9:30-10:10,  
TH 4:30-5:10, 6:30-7:10

**Super Bears (3 ½-5 yr.)-55**  
**min. class (Tiny Tumblers w/15 min.**  
**more. & Super Tumblers combined)!!!**  
T 6:40-7:35  
W 9:30-10:25  
TH 4:30-5:25, 6:30- 7:25

### Dance & Tumbling Classes (55 min. classes)

**Dancing Bears (3 ½-5 yr.)**  
(Tiny Tumblers Gymnastics & Creative  
Dance/Ballet)  
T 6:30-7:25  
W 9:30-10:25  
TH 4:30-5:25, 6:30-7:25



**Intermediate & Advanced**  
**Level Tumbling Skills Only**  
**(must have pre-approval)-**  
**Highly Recommended for**  
**Performance Team Members**  
T 5:30-6:25

### Cheerleading/Tumbling

**Cheer Bears (4-7 yrs.)**  
M 4:30-5:25  
TH 4:30-5:25, 5:30-6:25  
**Cheerleading/Tumbling**  
**(8 yr. & up)**  
M 6:30-7:35  
TH 6:30-7:35



### Now Taking NEW MEMBERS For Season II

**Performance Show Teams**  
(If interested, see attached sheet for requirements to be on Team)

Season II is from Jan. to June 2024

**Donna's K-Town Tumblers**  
**(formerly Jr.) Performance Show**  
**Team (6 yr. & up)**  
S 9:30-10:30

**Donna's K-Town Flippers**  
**(formerly SR) Performance Show**  
**Team (6 yr & up)-Invite only**

**\*\*If NOT enrolled a Sat. 10:30 class,**  
**you need to come in at 10:20 to warm**  
**up. OR**  
S 11:30-1:00

**\*\*Team Member Special Only\*\***  
Team members need to be signed up for a class to work on their skills. Team members, who sign up for a Tumbling OR Mini Tramp & Tumbling will receive a 50% discount on the 3<sup>rd</sup> class.

### New!! GYM N' LEARN PROGRAM FOR 4-6 YEAR OLDS

(1 FULL hour of gymnastics & 1 FULL hour of academic learning)

**Day:** Wednesdays

**Price:** \$300 for 8 weeks (A \$20 SAVINGS)

**Time:** 9:30-11:30 for 4 & 5 year olds

**NEW 4 WEEK OPTION FOR \$160 -CHOOSE EITHER THE FIRST 4 WEEKS OR THE SECOND**

10:30-12:30 for 5 & 6 years olds

**4 WEEKS!**

REGISTRATION CAN BE DONE IN PERSON OR ON OUR WEBSITE AT: [WWW.DONNASGYMNASTICS.COM](http://WWW.DONNASGYMNASTICS.COM)

Private lessons are scheduled according to staff schedule availability- prepayment is required.



# Donna's Gym-nastics Policies

## Registration

\*\*\*\*\*If you missed registering ahead of time, please call us, even if you leave us a message the day class is to start. Classes fill quickly, especially in the Fall & Spring, & we try to keep our instructor/student ratio low. So, please let us know ahead time that you are coming, especially if you register online the day that class starts, so we can try to make accommodations.

### Rules & Refund Policies

- Class cancellations must be submitted in writing, **7 days prior** to the beginning of class, otherwise **NO REFUNDS** will be made.
- If a class is cancelled by Donna's Gym-nastics, LLC. Prior to the beginning of class, a full refund will be given.
- Procedures for refunds will be made as follows:
  - Your check will be cashed and deposited by Donna's Gym-nastics.
  - A check for your refund amount will be issued & sent out 14-18 business days after cancellation letter is received.
  - NO refunds will be issued without a 14-18 working day waiting period.
- Registration for class is conducted by mail only - NOT the 1<sup>st</sup> night of class unless prearranged with the instructor.
- Assume your child is accepted into the class he/she is being signed up for, as there will NOT be a written confirmation sent (you may want to call prior to the beginning of the session, especially if you sent your registration out close to the start of the session).
- Prepayment is required to reserve a space in a desired class.
- Our prices are subject to change without written notice.
- One make-up is allowed during a session/term & can NOT be carried over from session to session. You are responsible for scheduling, with staff, any make-up classes & are not the responsibility of Donna's Gym-nastics.
- WE DO NOT REFUND OR CREDIT FOR MISSED OR DROPPED CLASSES AFTER THE SESSION BEGINS.**

### Tuition Information & Multiple Discounts:

- Family Discount & Additional Class Discounts\*:** Receive 10% discount on the 2<sup>nd</sup>, 3<sup>rd</sup> OR 4<sup>th</sup> children 's tuition for signing up more than 1 child from the same immediate family enrolling in classes OR receive 10% discount if 1 student is enrolled in 2 or more classes (This discount cannot be used on 1 day camps & clinics & can not be used in combination with any other discounts). This discount is NOT given on the registration & gymnastic insurance fee. \* The **early registration** discount cannot be combined with the 10% family discount.
- Full Tuition is required at registration. Spots will not be held open for students unless FULL tuition payment is paid.**

**Tuition: (Pay by Cash OR Check & Receive a discount of \$4 off group classes) \*(not eligible for the early reg. discount)**

Class Duration	Tuition Price-8 wks	Tuition Price for <u>Gym N' Learn Only</u> -1 <sup>st</sup> OR 2 <sup>nd</sup> four weeks of session
30 min. Baby Gym Class -Introductory Price!!!!	\$45*	
40 min. classes	\$146	
55 min. classes	\$166	
2 hour - Gym N' Learn	\$300	\$160 NEW!
JR Team-1 HR & Special Gym Fest Perf.Team	\$145*	
SR Team - 1 1/2 HR	\$152*	



### Private & Semi-Private Lessons Tuition:

Openings are limited for private & semi-private lessons -Call for openings. Prepayment is required. For NO SHOWS for a \$25 fee will be charges. Cancellations need to be 24 hours in advanced. If staff is waiting for you, we still have to pay them whether you come or not!

Duration & Type	Tuition (If paid by credit card 3% charge will be added)
30 min.& 1 hour sessions/1 student	\$40 & \$70 members/\$45 & \$80 non-members
30 min./Semi-Private (2 or 3 students)	\$25 per student who are members /\$30 per child that are non-members
40 min./Semi-Private (2 or 3 students)	\$30 per student who are members/ \$36 per student that are non-members

\*\* For private & semi-private lessons, students can come in 10 min. early to warm-up on their own before their lesson starts.

### Registration/Membership & Gymnastics Insurance Fee (THIS IS DUE EVERY FALL):

- We carry liability & excess medical coverage only. Your own health insurance is used as the primary coverage & you must show us proof at registration.
- This fee is due to ALL students starting each Fall Term #1 & is NON-REFUNDABLE.
- This fee should NOT be included as part of the 5% multiple discounts given on tuition.
- This fee is paid once a gymnastic year (from Term #1-5/Summer).
- This will also entitle members to discounts on special clinics (cartwheel/side aerial/bk handspring clinics), parties & special event days.

These fees are as follows:

Term #	Individual Registration & Gymnastics Insurance Fee	Family Registration & Gymnastics Insurance Fee
Term #1 (Fall) & #2	\$30	\$59
Term #3	\$28	\$55
Term #4 (Spring)	\$26	\$51
Term #5	\$24	\$47
Term 6 (Spr/Summer)	\$19	\$37



# Donna's Gym-nastics Term #3 of 2024

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**Wed. Classes:** Jan. 24, 31, Feb. 7, 14, 21, 28 March 6, 13

 <b>Preschool Classes/Specialty Classes (7 yr. &amp; Under)</b> Class Categories & Class Names
<b>Mini Tumblers (12 mos.- 3 ½ yr.) -40 min.</b> Parent & Tot class <i>Preschool gymnastics &amp; Movement class-Variety of activities such as: Locomotor Skills, Low Organized Games, gymnastics skills. <u>Gymnastic skills</u> are introduced through an obstacle course with specially designed preschool gymnastics equipment.</i>
<b>Tiny Tumblers (3 ½ - 5 yr.) -40 min.</b> Independent child part. <i>Preschool gymnastics &amp; Movement class -Similar to Mini Tumblers but a <u>higher</u> level curriculum.</i>
<b>Super Bears (3 ½ - 5 yr.) -55 min.</b> Independent child part. <i>This Class is 40 min. of Tiny Tumblers Plus 15 min. of small group instruction. This is a good class to take before transitioning into the Super Tumblers class.</i>
<b>Dancing Bears (3 ½ - 5 yr.) -55 min.</b> Independent child part. <i>This class is combines 40 min. of Tiny Tumblers PLUS 15 min. of preschool ballet Or creative dance.</i>
<b>Cheer Bears (4-7 yr.) -55 min.</b> Cheerleading chants, jumps, routines, stunts & tumbling.
<b>Super Heroes (4-6 yr.)-55 min.</b> (Formerly Ninja Champion Fitness) -Fitness activities & testing, obstacle courses & tumbling in a fun, non-competitive environment!!
<b>Super Tumblers (4 &amp; 5 yr.) -55 min.</b> <i>A structured gymnastics class in small group instruction. Children must have good attention span for this class. Levels I, II, &amp; III. For Level III, must have a good bridge, cartwheel &amp; pommel on bars.</i>
<b>Gym N' Learn (4 &amp; 5 yr.) -2 hours -NEW!!!!</b> <i>This program incorporates movement and learning through non-traditional classroom activities that include balance, gross &amp; fine motor skills, language &amp; listening, brain based developmental skills, art, math and reading skills for 4 &amp; 5 year olds.</i>

 <b>School-Aged Classes (6 yr. &amp; up)</b> Class Categories & Class Names
<b>Gymnastics (6 yr. &amp; up) -55 min.</b> <i>Beg., Adv. Beg., Intermediate, Advanced Levels for bars, beam, floor &amp; mini tramp/ vault **For <u>Intermediate &amp; Advanced levels</u>, students must teacher approval.</i>
<b>Tumbling W/Mini Tramp For Gymnasts, Dancers &amp; Cheerleaders -Get those necessary tumbling skills!!! -55 min.</b> <i>Beginner &amp; Intermediate Levels <u>Recommended for Performance Team Members</u> For <u>Intermediate level</u>, students must have the following skills: backbend, back kickover, handstand against wall &amp; hold for 10 sec., a good cartwheel, good shoulder flexibility, etc. &amp; Teacher Approval Required</i>
<b>Fitness Warriors (6 yr. &amp; up)-(Formerly Ninja Champion Fitness) -Fitness activities &amp; testing, obstacle courses &amp; tumbling in a fun, non-competitive environment!!</b>
<b>Beginner Cheerleading &amp; Cheer Dance (8 yr. &amp; up) -55 min.</b> <i>Beginner Cheerleading chants, jumps, routines, stunts, tumbling &amp; cheer dance routines to music.</i>
<b>Private Lessons -limited space available -Parents must pay in advance to hold a spot for their child. Students will come in 15 min. before lesson to check in &amp; warm up independently.</b>

**Sign-up For Performance Team Season II Is Now Open!!!**

**Donna's Gym-nastics, 5717 6<sup>th</sup> Ave (Old Walgreens), Downtown Kenosha, 262-818-8888**

# COME JOIN OUR TEAM!!!



## Donna's Gym-nastics Performance Show Teams Sign-up for Term #3 & #4 2024 Season

(Show team is a 2 session commitment from Jan. - Mid. June 2023)

### Requirements for Team:

- ✓ **Must have had a session/term at Donna's Gym-nastics & be 6 years old & up (boy OR girl)**
- ✓ **Must be committed-till mid-June - it is a 2 term commitment. Practices are on Saturdays only once a week, we ask that you only miss NOT MORE than 1 practice per 8 week session.**
- ✓ **Must NOT play another sport that conflicts with Saturdays- *Missing practices not only affects your performance but also the other team members' performance. It is not only difficult to practice routines but also stunts (which is also a safety issue for all involved) when team members are missing.***
- ✓ **Must like being part of a team & making new friends!**
- ✓ **Must like wearing a uniform & leotard! We have team uniforms!**
- ✓ **Must like to dance, tumble & cheer. Team learns group routines to music!**
- ✓ **Must like to have fun!**
- ✓ **Must have your parents talk to Donna (262-818-8888), if you said yes to all the above!!!!**

**INFORMATIONAL MEETING FOR POSSIBLE NEW PARENTS & NEW STUDENT MEMBERS ON THURS., JAN. 4 & MON., JAN. 15, 2024 AT 6 PM**

**RVSP by the day before each meeting by calling or texting 262-818-8888.**



## **Season II Performance Show Teams**

(We are NOT accepting new members for this session. Season I is from Sept. 2022 to Jan. 2023. Season II will start at the beginning of Term #3 of 2023 & continues to Mid-June of 2023.

### **Jr. Perf. Team (6-10 yr.)**

S 10-11:00

### **Sr. Perf. Team (8 yr & up)**

**\*\*Invite only for 6-8 yr olds**

**\*\*If NOT enrolled a Sat. 11:00 class, you need to come in at 11:50 to warm up. OR**

S 12-1:30