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Summer 2010

Gymnastics for children starting at 10 months – adults

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soaring Stars (10-18 months)	11:30 AM	9:30 AM			10:15 AM	
Bright Stars (18-36 months)	9:15 AM 5:30 PM	6:00 PM	10:00 AM		10:15 AM	9:15 AM
Shining Stars (3-4 years)	9:15 AM 4:30 PM	4:00 PM 6:00 PM	9:00 AM 10:00 AM	5:00 PM	9:15 AM	9:15 AM 10:00 AM
Blazing Stars (4-5 years)	10:15 AM 4:30 PM	4:00 PM	9:00 AM	10:15 AM 5:00 PM	9:15 AM 11:00 AM	10:00 AM
Core Stars (5-6 years)	10:15 AM 4:30 PM	5:00 PM		6:00 PM	9:15 AM	11:00 AM
Cosmic Kids (Boys 6-12 years)	5:30 PM			4:00 PM		
Strength & Stretch (Girls 5-13)	3:30 PM					
Galaxy Girls (Girls 7-12 years)	11:00 AM 4:30 PM	5:00 PM		6:00 PM	11:00 AM	11:00 AM
Galaxy Girls Intermediate (Girls 5-12 years)	5:30 PM					
Tramp & Tumble (5-12 years)		6:00 PM	12:00 PM	1:00 PM		
CORE Fit KIDS (All ages)			11:00 AM			
Core Fit (Adults)	8:30 AM		11:00 AM			8:00 AM

Sports Skills for children ages 3-5

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sports Skills (3-5 years)	10:15 AM		10:00 AM			

Martial Arts for children ages 3-12

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ninjutsu (3-12 years old)	5:30 PM			5:00 PM		11:00 AM

Cheerleading for children ages 5-12

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Galaxy Girls Cheer (5-12)				4:00 PM		

Summer Term Participants MUST register for a minimum of 8 weeks of classes and can choose to register for up to 10 weeks of classes. They can be any weeks throughout the summer session and they do not have to be consecutive. Tuition will be prorated based on how many weeks are chosen.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
June 21-26	June 28- July 3	July 5-10	July 12-17	July 19-24	July 26-31	August 2-7	August 9-14	August 16-21	August 23-28

Class Name	Tuition for 8 weeks of classes	Tuition for 9 weeks of classes	Tuition for 10 weeks of classes
Annual Registration Fee	\$30 per family	\$30 per family	\$30 per family
Soaring Stars & Bright Stars	\$114	\$128.25	\$142.50
Shining Stars & Blazing Stars	\$118	\$132.75	\$147.50
Core Stars, Cosmic Kids, Strength & Stretch, Galaxy Girls, Sports Skills, & Ninjutsu	\$122	\$137.25	\$152.50
Tramp & Tumble	\$144	\$162	\$180
Galaxy Girls INTERMEDIATE	\$162	\$182.25	\$202.50
CORE Fit & CORE Fit KIDS	\$8 per class	\$8 per class	\$8 per class

Class Descriptions

Gymnastics

Soaring Stars (10-18 months): This parent-tot class is for the toddler who loves to move! This class incorporates motor development exercises along with verbal skills. It's the perfect class for the toddler who loves to sing, move, and play! Parent Participation is required. 45 minutes.

Bright Stars (18-36 months): This parent-tot movement class increases your child's coordination and strength as he/she rolls, crawls, and swings on specialized gymnastics and fitness equipment in an organized environment. In preparation for preschool, we emphasize many social skills such as turn-taking and careful listening. Parent Participation is required. 45 minutes.

Shining Stars (3-4 year olds): This gymnastics/fitness class combines basic early education skills with motor development and gymnastic skills, such as log rolls, forward rolls, and donkey kicks. Sequencing, patterns, colors, shapes, and numbers are incorporated as the child continues to improve his/her flexibility, strength, and balance. 45 minutes.

Blazing Stars (4-5 year olds): This class is designed to build strength, coordination, and self-confidence within your increasingly independent child. Flexibility, body awareness activities, and new gymnastics skills, such as cartwheels and handstands, are introduced. 45 minutes.

Core Stars (5-6 year olds): This class continues to focus on the individual capabilities of each student and to introduce new gymnastic skills-the building blocks for all other athletic endeavors. Fitness skills and healthy habits are introduced and reinforced throughout the year. 60 minutes.

Cosmic Kids (boys 6-10): This class really gets your child going by utilizing skills from gymnastics and sports conditioning to increase strength and agility. 60 minutes.

Strength & Stretch (Girls 5-13): This class focuses on making significant strength and flexibility gains throughout the summer to stay fit. We will combine gymnastics and functional fitness exercises along with flexibility work. 60 minutes.

Galaxy Girls (girls 7-12): This class incorporates sequencing gymnastic skills, routines, and physical conditioning to increase strength, flexibility, and confidence. 60 minutes.

Galaxy Girls INTERMEDIATE (girls 5-12): This class is designed for the students ready to take their gymnastic skills to the next level. Successful demonstration of both a forward roll and cartwheel are necessary for participation. 90 minutes.

Tramp & Tumble (5-12 year olds): This class focuses on two popular components of gymnastics: trampoline and tumbling. Participants will receive extensive instruction on trampoline skill progressions using both the trampoline and the tumble trak, as well as line tumbling. This class will remain smaller in size due to the advanced technical aspects of the curriculum. 60 minutes.

CORE Fit KIDS (Ages 3 and up): Now mom and child can work out at the same time! This class is designed for children whose parent is participating in the CORE Fit adult class. Fun fitness games, gymnastics obstacle courses, crafts, and songs will keep your child busy while you meet your personal fitness goals in our adult class.

CORE Fit (adults): Would you like to be as strong as your CORE Kid? If so, this class is for you! This adult class combines functional fitness and stretching to achieve a maximum workout. Develop your personal fitness goals through personal training in a small group setting. Only pay for the classes you attend! 60 minutes.

Sports Skills

Sports Skills (3-12 year olds): Prepare your child for the demands of sports participation and help prevent injuries. This class incorporates sports-specific movements and general strength training required in all sports. Exercises designed to develop balance, coordination, flexibility, speed, endurance, and power will all be introduced. In addition, participants will be exposed to all sports. 60 minutes.

Martial Arts

Ninjutsu Martial Arts (3-12 year olds): This martial arts class emphasizes distance and timing over speed and strength. There are 18 different skills a student will learn ranging from hand to hand combat, to climbing, to escape techniques. Taught by Sensei Meyers, this class is a fun way to promote modern self defense, health, and personal awareness. 60 minutes.

Cheerleading

Galaxy Girls Cheer (5-12 year olds): This introduction to cheerleading class will give participants a good foundation in jumps, cheers, stunts, and tumbling. The class will work on strengthening students overall as well as for tumbling and stunts. Participants will practice a routine to perform at the end of the session. 60 minutes.