



Koinonia School of Sports

P.O. Box 321, Rte. 21, Thompson, CT 06277
860-928-6420 www.koinoniafitness.com & Facebook



GYMNASTICS CLASSES

Recreational 2022/2023

Baby Bears (Ages 18 mos.-3.5 yrs.)

Friday 9:00- 9:40 am or 1 – 1:40 pm or 6:10-6:40 pm
Saturday 9:10-9:50 am

Gymnastics Cost: \$96 for 6-week session

Swim & Gym Combo Cost: \$200

Parent participation is required in this class. Age appropriate activities will be incorporated with the use of bars, beam, rings and tumbling. Songs and creative movement will be part of each class. You can add Swim Lessons to make it a Combo and Save\$

Bouncin' Bears (Ages 4-6)

Friday 1:45 -2:30pm or 4:05-4:50 pm or Saturday 10:00 – 10:45 am or 10:45 – 11:30 am

Gymnastics Cost: \$96 for 6-week session

Swim & Gym Combo Cost: \$200

Children will learn to follow directions and cooperate. They will be exposed to various gymnastics equipment as they progress at their own developmental levels. Age appropriate activities will be incorporated with the use of bars, beam, vaulting and tumbling. You can add Swim Lessons to make it a Combo and save \$!

Tumblin' Bears (Ages 7 and up)

Fridays 4:00-4:45 pm or Saturdays 8:20-9:05 am or 11:30 am – 12:15pm

Gymnastics Cost: \$96 for 6-week session

Swim & Gym Combo Cost: \$200

Children are encouraged to strive for their personal best and focus on individual achievements in tumbling, vaulting, and low beam. You can add Swim Lessons to make it a Combo and Save \$!

Acrobat Bears (Invite Only)

Fridays 5:00-6:00 pm One Hour Program

Gymnastics Cost: \$106 for 6-week session

Advanced tumbling, vaulting and beam. Advanced balance, flexibility and power through gymnastics training, endurance, and agility, specific gymnastics skill proficiency. Maintaining attention and sustained concentration, increased problem solving and the ability to follow more complex directions.

Swim & Gymnastic Combo Classes: You may choose any day and time for your child to take their swim lessons. There is a discount for signing up for both classes. Please Call Ahead to Register For Classes

Koinonia will be offering fall classes in 6-week sessions from September to May. There is an annual registration fee of \$15 per child. A \$10.00 late fee will be added if your payment is not received within 7 days of the session start date, unless other arrangements have been made. Thank you for choosing Koinonia.

We look forward to working with you and your family. ☺ Mz. Laurie and Miss Dianne