ADMA
DANCE & GYMNASTICS

2026/27 SEASON
Season Begins: August 10th

GYMNASTICS CLASSES

Our Gymnastics Program is designed to build strength, coordination, flexibility, and confidence through progressive skill development. Students work on age-appropriate skills using the four main gymnastics apparatus (Vault, Bars, Beam, and Floor) while learning proper technique, body awareness, and safety. Acro-Tumbling focuses on building muscle strength, flexibility, and control to develop floor tumbling skills. Boys Gymnastics is a high-energy class tailored to boys that develops strength, coordination, agility, and confidence through structured gymnastics training and skill progression. Obstacle Course Training is a fun and challenging class that enhances strength, speed, balance, and problem-solving skills through creative obstacle courses and athletic challenges. Placement on the ADMA Gymnastics Teams are by invitation and by director approval.

Class levels are determined by the student's age as of September 1, 2026. Adjustments may be made at the discretion of our directors to ensure the best fit for each student.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Obstacle Training (ages 5+)	4:30-5:30PM					
Gymnastics 1 (ages 3-4)			4:30-5:30PM		11:00-12:00PM	
Gymnastics 2 (ages 4-6)		4:30-5:30PM	4:30-5:30PM 5:30-6:30PM	5:30-6:30PM		9:15-10:15AM
Gymnastics 3 (ages 6-8)	4:30-5:30PM 5:30-6:30PM	4:30-5:30PM 5:30-6:30PM	5:30-6:30PM 6:30-7:30PM	4:30-5:30PM 5:30-6:30PM	4:30-5:30PM	9:15-10:15AM 10:15-11:15AM 11:15-12:15PM
Gymnastics 4 (ages 8-10)	4:30-5:30PM 5:30-6:30PM	5:30-6:30PM 7:30-8:30PM	6:30-7:30PM	4:30-5:30PM	4:30-5:30PM	10:15-11:15AM 11:15-12:15PM
Gymnastics 5 (ages 11+)		7:30-8:30PM				10:15-11:15AM
Acro Tumbling 3/4/5 (ages 6+)		Acro 4/5 (silver) 6:30-7:30PM	7:30-8:30PM		5:30-6:30PM	Acro 3/4 (bronze) 12:15-11:15PM
Dance for Gym (ages 8+)	6:30-7:30PM					
Pre-Team and Bronze Team (invite only)	PreTeam & Bronze 6:30-7:30PM				PreTeam & Bronze 5:30-6:30PM	Bronze Team 1:15-3:15PM
Silver and Gold Team (invite only)	7:30-9:00PM			6:30-8:30PM		

CLASS FEES:

45 MIN - 1 HOUR PER WEEK... $78 PER MONTH
1.5 HOURS PER WEEK... $117 PER MONTH
2 HOURS PER WEEK... $156 PER MONTH
2.5 HOURS PER WEEK... $195 PER MONTH
3 HOURS PER WEEK... $234 PER MONTH
3.5 HOURS PER WEEK... $263 PER MONTH
4-5 HOURS PER WEEK... $302 PER MONTH
CONTACT FOR GYMNASTICS TEAM PRICING

PRICING:

| YEARLY REGISTRATION FEE $30 PER STUDENT, $55 PER FAMILY

| PRICES VALID FOR 2026/27 SEASON FOR REGISTRATIONS RECEIVED THROUGH DECEMBER 2026

| A SURCHARGE OF 2.59% IS ADDED TO EVERY TRANSACTION PAID WITH A MASTERCARD, OR DISCOVER CREDIT CARD