

Orlando Metro Gymnastics Avalon Park Class Schedule

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After School Pick Up
\$75.00 / week
Includes gym activities, one recreational class per week, and one open gym per month.

Mom & Me Walking—2 yrs.
Friday 10:00-10:55
Sat 9:00—9:55

Preschool
3-4 yrs. old

Tues 5:30— 6:25
Wed 4:30— 5:25
Thurs 5:30— 6:25
Fri 9:00 — 9:55
Sat 9:00— 9:55
10:00— 10:55

Tots Class
2 1/2—3 Years
Tues 3:30—4:25
By Invitation Only

Beginners Girls
5-7 yrs.

Mon 3:30—4:25
4:30—5:25
5:30—6:25
Tues 4:30—5:25
5:30—6:25
Wed 3:30—4:25
4:30—5:25
6:30—7:25
Thurs 5:30—6:25
6:30— 7:25
Fri 3:30—4:25
4:30—5:25
Sat 9:00—9:55
10:00—10:55
11:00—11:55

Girls GvmStars

Mon & Thurs.
6:30pm—8:30pm
\$175.00 per month
Gym Stars is an In-House competition group that is REQUIRED to compete 3 In-House meets a year for an additional fee.
Schedule a Trial!



Beginner Girls
8 & Up

Mon 5:30—6:25
Tues 6:30—7:25
Wed 5:30 - 6:25
6:30—7:25
Thurs 4:30—5:25
6:30—7:25
Fri 4:30—5:25
Sat 10:00—10:55
11:00—11:55

Intermediate Girls
5-7 years old
Tues 3:30—4:25

Intermediate Girls
8 & Up
Tues 6:30—7:25
Fri 5:30—6:25

Beg Tumbling
8 & Up

Tues 3:30—4:25
7:30—8:25

Int Tumbling
8 & Up

Tues 7:30—8:25

Check out the best
Birthday Parties in
town!



85 Minutes

Recreational beginner girls
\$97.00 monthly
Ages 5-7 yrs.
Mon 4:00-5:25

Fitnastics/Ninja Class

Ages 5 - 17yrs
Conditioning
Warp Wall
Tumbling
Obstacle Courses
Mon 6:30pm - 8:00pm
\$97.00 monthly

BEGINNER BOYS
5-7 Years Old

Tuesday 4:30—5:25
Saturday 11:00—11:55

BEGINNER BOYS
8-17 Years Old

Thursday 4:30—5:25

ADV. BOYS
5-7 years old
Tuesday 4:30—5:25pm
*by invitation only

Competitive Team Programs

*by invitation only

Girls Jr. PreTeam

Thurs. 5:30—6:25
4 years old
\$87.00 monthly

Girls Preteam

Tuesday & Thursday
3:30—5:30pm
\$190.00 monthly

Girls Competitive

Levels 1 - 10
Girls Xcel
*see office for information

Registration & Tuition Fees

Annual Registration Fees

1st Child \$40.00
Additional Child(ren) \$20.00

Monthly Tuition Fees

Preschool/Rec \$ 87.00
85 Minute Rec \$ 97.00

TWICE A WEEK/MONTHLY FEE

Preschool/Rec \$147.00

3 TIMES A WEEK/MONTHLY FEE

Preschool/Rec \$197.00

\$5 Sibling discount on monthly tuition fees
Cash, Check, MC, Visa, & Discover Accepted

Ongoing Monthly Events

Open Gym:
Ages walking-4yrs
Fridays 11:00am—12:00pm
\$7.00 Active Members/
\$12 In-Active & Non-Members

Open Gym: Ages 4 to 17yrs
Three Fridays a month 6:30pm-8:00pm
\$9 Active Members/ \$14 InActive & NonMembers

Parents Night Out (age 4-17)
One Friday a month / 6:30pm-9:30pm
\$20 Active Members/\$25 Inactive & Non Members

Funday Sunday (Ages walking & up) *Lake Mary*
One Sunday of the Month/ 2:30pm-4:00pm
\$12.00 Member/NonMember

Tumble Work Shop (Ages 5 & up)
Quarterly / 12:00 pm—1:30 pm
\$25 Active Members/\$30 Inactive & NonMembers

Movie in the Gym (age 4-17) *Baldwin Park*
One Saturday a month/ 7:00pm—9:45 pm
\$15 Active Members/\$20 Inactive & NonMembers

Orlando Metro Gymnastics

Avalon Park

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