

Orlando Metro Gymnastics Class Schedule - Avalon Park

4
0
7
.
2
0
7
.
4
1
1
0

Afterschool Pick Up
\$77/ week
Includes the first open gym of the month & 1 recreational class per week!

Mom & Me Walking—2 yrs.
Sat 9:00—9:55

TOTS
2 1/2—3 Years
Tues 3:30—4:25
by Invitation Only

Preschool
3-4 yrs. old
Tues 5:30—6:25
Wed 4:30—5:25
5:30—6:25
Thurs 5:30—6:25
Fri 9:00—9:55
Sat 9:00—9:55

Check out the best Birthday Parties in town! Information available at the front office.



REVISED 9/15/2023

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
Sat 9:00—9:55
10:00—10:55

Girls GymStars
Monday & Thursday
6:30pm—8:30pm
\$185.00 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 yrs.
Tues 3:30—4:25
Intermediate Girls
8 & Up
Tues 6:30—7:25
Fri 5:30—6:25

Beg Tumbling
Tues 7:30—8:25
Fri 4:30—5:25
Int Tumbling
8 & Up
Tues 7:30—8:25
Wed 3:30—4:25

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

Beginner Boys
5-7 yrs.
Tues 4:30—5:25
Sat 11:00—11:55
Beginners Boys
8 & Up
Thurs 4:30—5:25

Competitive Team Programs
by invitation only
Girls Jr. Preteam
Wed 4:30—5:25
4 years old
\$87.00 monthly

Girls Preteam
Tuesday & Thursday
3:30—5:30pm
\$200.00 monthly
Boys Preteam
Tuesday & Thursday
4:30—6:30pm
\$160.00 monthly

Girls Competitive
Levels 1 - 10
Girls Xcel
*See office for information

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

Registration & Tuition Fees
Annual Registration Fees
1st Child \$40.00
Additional Child(ren) \$20.00
Monthly Tuition Fees
Preschool/Rec \$ 87.00
TWICE A WEEK/3 TIMES A WEEK
Preschool/Rec \$147.00/ \$197.00
\$5 Sibling discount on monthly tuition fee
Cash, Check, MC, Visa, & Discover Accepted

Ongoing Monthly Events
Preschool Open Gym (Ages Walking-4yrs)
Fridays 11:00am—12:00pm
\$8 Active Members/\$13 Inactive & NonMembers
Open Gym (Ages 4 & Up)
Three Fridays a month 6:30pm—8:00pm
\$10 Active Members/\$15 Inactive & NonMembers
Parents Night Out (Ages 4-17)
One Friday a month (Avalon, Lake Mary & LB McLeod)
One Saturday a month (Baldwin Park Only)
6:30pm—9:30 pm
\$25 Active Members/\$30 Inactive & NonMembers
FunDay Sunday (Ages Walking & Up) (Lake Mary Only)
One Sunday of the Month/ 2:30pm-4:00pm
\$14.00 Member/NonMember
Tumble Work Shop (Ages 5 & UP)
Quarterly / 12:00 pm—1:30 pm
\$30 Active Members/\$35 Inactive & NonMembers
Movie in the Gym (Ages 4-17) (Baldwin Park Only)
One Saturday a month/ 7:00pm—9:45pm
\$20 Active Members/\$25 Inactive & NonMembers
Adult Open Gym
Friday 6:00pm -8:00pm (Lake Mary Only)
Friday 6:30pm—8:30pm (LB McLeod Only)
\$20 a session/ \$130 for 8 sessions

Orlando Metro Gymnastics
Avalon Park
14180 East Colonial Dr. Bldg 200
Orlando FL 32826
Facebook YouTube Instagram

W
W
W
.
O
R
L
A
N
D
O
M
E
T
R
O
G
Y
M
S
.
C
O
M