

Orlando Metro Gymnastics Class Schedule - Avalon Park

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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 yrs.
Tues 3:30—4:25
**by Invitation Only*

Preschool
3-4 yrs.
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 4/10/2024

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
\$200.00 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!



Est. 1992

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

Beginner Tumbling

Tues 7:30—8:25
Fri 4:30—5:25

Intermediate Tumbling
8 & Up

Tues 7:30—8:25
Wed 3:30—4:25

85 Minutes Class
Recreational beginner girls \$110.00 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
**Evaluation Required*

Girls Junior Preteam
Wed 4:30—5:25

Girls Preteam
Tuesday & Thursday
3:30—5:30pm

Boys Preteam
Tuesday & Thursday
4:30—6:30pm

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
\$110.00 monthly

Registration & Tuition Fees

Annual Registration Fees
1st Child **\$50.00**
Additional Child(ren) **\$25.00**

Monthly Tuition Fees
Preschool/Rec \$ 95.00

TWICE A WEEK/3 TIMES A WEEK
Preschool/Rec \$160.00 / \$215.00

\$5 Sibling discount on monthly tuition fee

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 (Except Baldwin Park)
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 a Month 2:30pm-4:00pm
\$14.00 Member/NonMember

Tumble Work Shop (Ages 5 & UP)
Quarterly 12:00 pm—I: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
Phone: 407-207-4110

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