

Orlando Metro Gymnastics Class Schedule - Avalon Park

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Afterschool Pick Up
\$85/ 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.
Mon 4:30 - 5:25
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
10:00 - 10:55

Check out the best Birthday Parties in town! Information



available at the front office.

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
5:30 - 6:25
6:30 - 7:25
Thurs 5:30 - 6:25
6:30 - 7:25
Fri 5:30 - 6:25
Sat 9:00 - 9:55
10:00 - 10:55
11:00 - 11:55

Girls GymStars
Monday & Thursday
6:30pm—8:30pm
\$235.00 per month
Gym Stars is an In-House competition group that is REQUIRED to compete 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
5:30 - 6:25
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

Beginner Tumbling
8 & Up
Tues 7:30 - 8:25
Fri 4:30 - 5:25
Intermediate Tumbling
8 & Up

Fitness
Ages 5 - 17yrs
Conditioning, Warp Wall
Tumbling, Obstacle Courses
Mon 6:30pm - 8:00pm

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
Girls Competitive
Starbase
Levels 2 - 10
Girls Xcel
**See office for information*

Homeschool Gymnastics
5-17yrs
Fri 10:00—10:55
Boys & Girls Welcome!
Homeschool Gymnastics
Class Now Available!!

85 Minutes Class
Ages 5-7 yrs.
Recreational
Beginner Girls
Mon 4:00pm - 5:25pm
\$125.00 monthly

Registration & Tuition Fees
Annual Registration Fees
1st Child **\$50.00** Additional Child(ren) **\$25.00**
Monthly Tuition Fees
Preschool/Rec \$ 110.00
TWICE A WEEK/3 TIMES A WEEK
Preschool/Rec \$175.00 / \$230.00

\$5 Sibling discount on monthly tuition fee

Ongoing Monthly Events
Preschool Open Gym (Ages Walking-4yrs)
Fridays 11:00am—12:00pm
\$10 Enrolled/\$15 Non-enrolled
Available During School Year Only

Open Gym (Ages 4 & Up)
Three Fridays a month 6:30pm—8:00pm
\$12 Enrolled/\$17 Non-enrolled

Parents Night Out (Ages 4-17)
One Friday a month (AP, LB, LM, SC)
One Saturday a month (CL Only)
6:30pm—9:30 pm
\$30 Enrolled/\$35 Non-enrolled

Funday Sunday (Ages Walking & Up) (LM & SC)
One Sunday a Month 2:30pm-4:00pm
\$15.00 Enrolled/Non-enrolled

Tumble Work Shop (Ages 5 & UP)
Quarterly 12:00 pm—1:30 pm
\$30 Enrolled/\$35 Non-enrolled

Movie in the Gym (Ages 4-17) (CL Only)
One Saturday a month 7:00pm—9:45pm
\$25 Enrolled/\$30 Non-enrolled

Adult Open Gym
Friday 6:30pm—8:30pm (LB Only)
\$25 a session/ \$175 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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