



Call: 818-782-6108
 www.pegssport.com
 15054 Keswick St. Van Nuys, CA 91405

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|
| | | | Kindergym 9:00 AM - 10:00 AM | | Kindergym 9:00 AM - 10:00 AM Girls Recreational (Beginner Girls CLASS FULL) 9:00 AM - 10:30 AM |
| | Kindergym 10:00 AM - 11:00 AM | | Parent & TOT 10:00 AM - 11:00 AM* | Kindergym 10:00 AM - 11:00 AM | Kindergym 10:00 AM - 11:00 AM Girls Recreational (Intermediate Girls) 10:30 AM - 12:30 PM* |
| | | | | Kindergym 11:00 AM - 12:00 PM | Kindergym 11:00 AM - 12:00 PM |
| | | | | Kindergym 1:30 PM - 2:30 PM | |
| | | Kindergym 3:00 PM - 4:00 PM | | | |
| Kindergym (Ages 4.5-6) 4:00 PM - 5:00 PM | Kindergym 4:30 PM - 5:30 PM | Girls Recreational (Beginner Girls) 4:00 PM - 5:30 PM | Kindergym 4:30 PM - 5:30 PM | Girls Recreational (Beginner Girls) 4:00 PM - 5:30 PM | |
| Girls Recreational (Beginner Girls (FULL)) 4:00 PM - 5:30 PM | Girls Recreational (Beginner Girls) 4:30 PM - 6:00 PM | | Girls Recreational (Beginner Girls) 4:30 PM - 6:00 PM | Girls Recreational (Intermediate Girls) 4:00 PM - 6:00 PM* | |
| Girls Recreational (Intermediate Girls) 5:30 PM - 7:30 PM | Kindergym 5:30 PM - 6:30 PM | Girls Recreational (Advanced Girls INVITE ONLY) 5:30 PM - 8:00 PM | Kindergym 5:30 PM - 6:30 PM | Girls Recreational (Intermediate Girls) 5:30 PM - 7:30 PM | |
| | | | Girls Recreational (Advanced Girls INVITE ONLY) 5:30 PM - 8:00 PM | | |

**Girls
Recreational**
(Intermediate Girls)
6:00 PM - 8:00 PM

Girls Recreational
(TUMBLING/ACRO ONLY)
6:30 PM - 8:00 PM

Monthly Fees

| Class | 1 x p/wk | 2 x p/wk | 3 x p/wk |
|----------------|----------|----------|----------|
| 1 hour | \$85 | \$125 | \$170 |
| 1 hour 30 min | \$110 | \$180 | \$220 |
| 2 hours | \$135 | \$205 | \$270 |
| 2 hours 30 min | \$160 | \$235 | \$320 |

* Annual registration fee \$25 per person, \$40 per family

KINDERGYM - FOR BOYS & GIRLS

This is a great way to introduce every day life skills such as waiting turns, trying new things, listening, and working together. In our 55 minute classes our kinder gym athletes will participate in a 10-12 minute warm up including cardio-vascular and coordination activities mixed with fun stretching, and body positions. After warm up athletes will move through planned circuits utilizing various gymnastics equipment to enhance their motor skills, balance, and basic gymnastics movements.

This class is for the children only. Parents can observe in our viewing room.

PARENT & TOT

This class offers all of the same benefits as our regular kindergym class, but utilizes parent involvement to help the younger athletes navigate their new experiences.

GIRLS RECREATIONAL

Paramount Elite Gymnastics utilizes the program designed by the governing body of gymnastics in the USA. By closely following these guidelines PEG ensures that our gymnasts are following proper progressions for all their skills. This program is also beneficial for those athletes looking to participate in competitive gymnastics as they will already be learning the appropriate skills and routines.

RHYTHMIC RECREATIONAL

Rhythmic Gymnastics is a creative and challenging combination of dance and sport. This graceful sport develops strength, power, flexibility, agility, and endurance. Participants are trained in the fundamentals of the sport which include jumps and leaps, balances, pivots, flexibility and waves on the following apparatus: Rope, Ball, Clubs, Ribbon

BOYS

This class focusses on building strength and coordination. The boys will utilize the tumble strip, floor, vault, high bar and vault stations.

ADULT - YOGA AND CARDIO