



Alfond Youth Center | 126 North Street

TWO 3-WEEK SESSIONS!

SESSION 1 JULY 9TH TO 27TH
SESSION 2 AUGUST 6TH TO 24TH

TINY TOTS

Tuesday 2:45-3:30
Wednesday 9:00-9:45am

SUPER TOTS

Wednesday 10:00-10:45am
Thursday 2:45-3:30pm

BEGINNERS

Monday or Wednesday 3:30-4:30pm
Tuesday or Thursday 5:00-6:00pm

INTERMEDIATE

Monday or Wednesday 4:30-5:30pm

INTERMEDIATE/ADVANCED

Tuesday or Thursday 3:30-5:00pm

ADVANCED

Monday or Wednesday 3:30-5:30pm

ADVANCED/TEAM*

Monday and Wednesday 5:30-8:00pm
Tuesday and Thursday 4:00-7:00

TUMBLING

Tuesday or Thursday 7:00-8:00pm

HOMESCHOOL

Wednesday 11:30am-12:30pm

**Invite only (being invited to a team class does not guarantee a place on team)*

DECAL GYMNASTICS, INC
822 MIDDLE ROAD
SKOWHEGAN, ME 04976



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INFO@DECALGYMNASTICS.COM
see class schedules, register and pay online at
WWW.DECALGYMNASTICS.COM
Like us on Facebook



Decal Gymnastics has been providing quality gymnastics instruction to the Central Maine Area for over 25 years, located in Waterville at the Alfond Youth Center and at our sister location, Maine-ly Gymnastics in Augusta.

As part of our quest to provide the highest standard of gymnastic instruction, The Decal gym is regularly updated.

We are committed to providing a **unique and positive learning experience** for all of our students. Our experienced and caring staff is there to assist each child in **building self-confidence, balance, and coordination while enhancing strength and flexibility** in an atmosphere that gives the gymnast an enjoyable learning experience.





FUN! DAY CAMP

A great alternative to daycare, Day Camp incorporates gymnastics along with arts and crafts, daily contests, games, swimming at least one day and so much more.

Camp runs from 9:00am to 3:00pm, with before and after care available upon request. Before Care is available from 7am to 9am and after care is available from 3pm to 5pm for an additional \$30. This can be split \$15 for before and \$15 for after if you only need one time spot.

Campers (Ages 4 and older) will get at least 3 hours of gymnastics each day as well as games, contests, arts and crafts and much more. Lunch will be provided EVERYDAY all they camper brings to camp is a snack and an attitude for FUN!

WEEKS OFFERED

- July 16th to 20th
- August 6th to 10th

COST

\$150 per week or \$40 per day



CLASS FEES

Class prices based on hours per week a child attends class during the session.

Class hours per week	3 week session	6 week session
45 min	\$40	\$75
1	\$45	\$85
1.5	\$65	\$125
2	\$75	\$145
3	\$90	\$175
4	\$105	\$205
5	\$115	\$225
6	\$125	\$245
7	\$135	\$265
8	\$145	\$270
9+		\$300

Tumbling | \$10 per class

6-week session class fees made be paid in two installments, one before classes begin and one due the fourth week of class.

If you have more than one child involved in our program take a \$5 discount off class fees.

CLASS

DESCRIPTIONS

TINY TOTS/SUPER TOTS

Fast-paced, challenging activities allow your child to have fun while mastering a number of basic gymnastics skills in a structured 40 minute class. This class is designed to develop motor skills, coordination and fitness levels in your 2 to 4 year old.

BEGINNERS

1 hour class for the child who has never participated in a structured gymnastics class. Forward, backward rolls, handstands, cartwheels are taught, as well as all of the basic skills needed on the other apparatus.

INTERMEDIATE

1 hour class for the students that has mastered the beginner skills and is now ready for more advanced skills and begin competition, if interested. If a Intermediate gymnast wants to progress at a faster rate, they can attend more than one class per week.

ADVANCED

Children in the Advanced class are learning the USAG Levels 1, 2, and 3 routines with the opportunity to showcase them against other Decal gymnasts in our Intersquad league. This class/ league is designed to prepare your child for our competitive team.

TEAM

Decal Gymnastics offers a competitive gymnastics program, where the gymnasts are given numerous opportunities to showcase their advanced skills by participating in both the Maine USA Gymnastics League as well as the Maine YMCA Gymnastics League. Routines are designed by USA Gymnastics, Team membership is based on skill level performed at try outs. Team classes are by invitation only.

TUMBLING

This class is designed for any age who would like to polish their tumbling skills. Beginner skills through advanced skills are taught and there is a special emphasis on back handsprings.



PARTIES AND FUN!

AMAZING BIRTHDAY PARTIES!

Come celebrate your child's special day with Decal Gymnastics! For 2 hours we will provide our gym which will be fully equipped with games, obstacle courses and an experienced instructor to help keep the party flowing. During your two hour party there will be a half an hour where tables and chairs will be set up for cake, ice cream and presents. Your child does not need to be enrolled as a student a Decal to have a party and children attending need no prior gymnastics experience.

\$175 for up to 20 children, more children can be added for an additional fee

HOLIDAY PARTIES AND MORE!

We love to have fun! Here at Decal Gymnastics we love to celebrate every chance we can get by offering Halloween costume parties, Easter Egg Hunts, Parents Night Out, Drop and Shop, Sleepovers and so much more. These high energy parties include lots of music, dancing and are fun for kids of all ages. All are invited to attend! Look for dates to be announced throughout the year.