

DAY	PRESCHOOL GYMNASTICS				RECREATIONAL GYMNASTICS						CRUSH PREP CHEER				EXTREME MOTION	
	KIDSPARK GYMNASTICS		KIDSPARK CAMP MORNING		CHAMP RECREATIONAL GYMNASTICS						CRUSH PREP				URBAN MOTION CORP	
	55 min. 1 or 2 days/week		3 hrs. 1 day/wk. M/T/Wed/1 day/wk/TH		55 min. 1 or 2 days/week						55 mins. 1 day/wk.	1 hr. 1 day/wk.	1.5 hrs. 1 day/wk.	1.5 hrs. 1 day/wk.	1 hr. 1 or 2 days/week	
	Parent/Tot	Preschool	Gymnastics, Dance, Yoga, Music, Art & more		Girls		Boys		Girls/Boys		Tot Cheer	Mini Prep	Youth & Jr. Prep	Girls/Boys		
16-36 mos.	3-4 yrs.	4-5 yrs.	2-3 yrs/3-4 yrs/4-5 yrs.	5-7 yrs.	8-10 yrs.	5-7 yrs.	8-10 yrs.	5-7 yrs.	8-10 yrs.	3-5 yrs.	6-8 yrs.	9-11 yrs.	12-15 yrs.	8-11 yrs.	12 & up	
Mon	9:30-10:25 10:30-11:25	9:30-10:25 10:30-11:25	10:30-11:25	9:15-12:15	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25							6:30-7:30	6:30-7:30	
Tue	10:30-11:25	10:30-11:25 1:30-2:25 2:30-3:25	10:30-11:25 1:30-2:25 2:30-3:25	9:15-12:15	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25		3:30-4:25 4:30-5:25		6:00-7:30	6:00-7:30		5:30-6:30 6:30-7:30	6:30-7:30	
Wed	10:30-11:25	10:30-11:25 1:30-2:25 2:30-3:25	10:30-11:25 1:30-2:25 2:30-3:25		3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25			1:30-2:25	4:00-5:00			6:30-7:30	6:30-7:30	
Thu	9:30-10:25 10:30-11:25	9:30-10:25 10:30 (2-3, 3-4yrs) 1:30-2:25	1:30-2:25	9:15-12:15	3:30-4:25 4:30-5:25	3:30-4:25 4:30-5:25		3:30-4:25			4:00-5:00			6:30-7:30	6:30-7:30	
Fri	9:30-10:25	9:30-10:25														
Sat	9:30-10:25	9:30-10:25 10:30-11:25	9:30-10:25 10:30-11:25						9:30-10:25 10:30-11:25	10:30-11:25						

DAY	TEAM GYMNASTICS										CRUSH CHEER			WOMEN'S FITNESS		
	BRAVO GIRLS PERFORMANCE TEAMS				NITRO GIRLS COMPETITIVE TEAMS						CRUSH CHEER ALL-STARS			IGNITE		
	Instructor Approval Required				Instructor Approval Required						Instructor Approval Required			1 hr. classes - 1x, 2x, 3x/wk or unlimited.		
	1 hr.	1.5 hrs.	1.5 hrs.	2 hrs.	3 hrs. Total	3 hrs. Total	4 hrs. Total	6.5 hrs. Total	10 hrs. Total	14.5 hrs. TH	18.5 hrs. TH	4 hrs. Total	4 hrs. Total	5 hrs. Total	Sign up for classes or a two-week trial period by visiting the ignite website: www.igniteyourlifeflow.com	
1 or 2 days/wk	2 days/wk	2 days/wk	2 days/wk	Level 1	Level 2 (Blue)	Level 2 (Red)	Level 3	Level 4	Level 5/6	Level 7	3 days/wk.	3 days/wk.	3 days/wk.	Mini Crush Prep Youth & Jr. Crush Prep		
Level 1	Level 2	Level 3	Force	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Mini Cheer	Youth Cheer	Junior Cheer	Cardio Yoga 8:30		
Mon	3:30-4:30				3:30-5:00											
Tue		4:00-5:30	5:30-7:00	5:30-7:30		3:30-5:30	5:00-7:00	4:00-6:30	4:30-7:30		4:00-8:30	4:00-8:30	5:00-6:00			
Wed	3:30-4:30		5:30-7:00		3:30-5:00		5:00-7:00	4:00-6:30	4:30-7:30					4:30-6:00		
Thu		4:00-5:30		5:30-7:30		3:30-5:00					4:00-7:30	4:00-8:30	5:00-6:30			
Friday			5:30-7:00	5:30-7:30												
Sat								4:00-5:30	4:00-7:30	4:00-7:30						
Sun									8:00-12:00	8:00-12:00	8:00-1:00					
											2:00-3:30	2:00-3:30				
														3:30-5:30		

DAY	KIDSPARK PROGRAM				RECREATIONAL DANCE						TUMBLING					
	KIDSPARK CAMP MORNING		SYNERGY KidSPARK DANCE		SYNERGY DANCE						TURBO TUMBLING					
	1 day/wk. M,T,Th or 2 days/wk. T/TH		Kid Boys/Tumble Combo		Dance Combo (Ballet/Tap)		Dance (Ballet/Tap/Jazz) Tumble Combo		Ballet/Tap/Jazz	Jazz	Ballet/Jazz	Teen Hip Hop	Hip Hop Dance	Hip Hop/Tumble Combo	Zumba	
	2 yrs. 3-5 yrs.		3-5 yrs.	3-5 yrs.	2-3 yrs.	8-10 yrs.	8-11 Yrs.	8-10 yrs.	11-18 yrs.	6-8/8-10 yrs.	5-10 yrs.	11-18 yrs.	Instructor Approval Required 1 hour - 1 or 2 days/week			
Level 1		Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10	Level 11	Level 12	Level 13	Level 14	Specialty	
Mon	9:15-12:15		9:30-10:25	11:00-11:55												H.S. Level 4
Tue	9:15-12:15			3:30-4:25												
Wed			1:30-2:25													
Thu	9:15-12:15															
Sun																

****Need help finding the right program? Submit a class match inquiry from the website at www.championswestlake.com or send us an email: championswestlake@gmail.com****

OPEN GYM Mon: 8:00 - 9:00 pm Wed 8:00 - 9:00 pm Sat 12:00 - 1:00 pm 1 single class - \$15 5 class pass - \$60, 10 class pass - \$100	BIRTHDAY PARTIES Fri: 2:30 - 4:00, 4:30 - 6:00 Sat: 1:00 - 2:30, 3:00 - 4:30, 5:00 - 6:30 Sun: 1:00 - 2:30	FUN FRIDAY Fri: 6:30 - 9:30 \$15 per person, \$5 extra for pizza \$5 sibling discount
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GYMNASTICS ★ TUMBLING
CHEER

"Where everyone feels like a Champion!"

Program runs August 22 thru May 27

Holiday Closings:
 Labor Day - Sept 5
 Thanksgiving - Nov 22-27
 Winter Break - Dec 19 - Jan 3
 Spring Break - Mar 12-16

Winter Parent Watch and Team Performances: Dec 4 - 10

Recital/Trophy Week: May 5 - 11

Enrollment fee: \$115 covers FALL 2011 - SUMMER 2012 and is paid at time of enrollment.

Includes insurance, account processing, t-shirt, recital uniform & trophy.

Bravo Team Practice Uniform Fee: \$50 (paid with enrollment)

Enrollment Fee Discounts: Online Registration with auto pay \$20. Sibling Discount \$10.

Tuition Fees: First and last month tuition payments are due with the enrollment fee and prorated by start date.

Monthly installments are outlined below. All remaining applicable installments will be auto-charged on the 1st week of the month (Oct thru Apr) as these months apply. A written cancellation notice is required for program withdrawal prior to the 1st of the month you wish to withdraw. Tuition is non-refundable.

MONTHLY TUITION RATES

Recreational	1/wk	2/wk	Teams		
KidSPARK Gymnastics	\$82	\$154	Bravo 1	1/wk	\$95
KidSPARK Camp Morning	\$135	\$245	Bravo 1	2/wk	\$170
Champ Rec Gymnastics	\$82	\$154	Bravo 2	2/wk	\$225
Tot Cheer	\$82	\$154	Bravo 3	2/wk	\$225
Mini Crush Prep	\$95	\$170	Bravo Force	2/wk	\$250
Youth & Jr. Crush Prep	\$130	\$245			
Urban Motion Corps	\$82	\$154			
Turbo Tumbling	\$95	\$170			
Dance only - 55 mins.	\$68				
Dance Combo	\$68				
Dance/Tumble Combo	\$73				
Zumba	\$68				
Ballet/Tap/Jazz - 1.5 hrs.	\$95				

For info and pricing on Nitro and Crush Teams, please stop by the front desk.
 For info on Ignite, please visit www.igniteyourlifeflow.com.
 For more information on SYNERGY, please visit synergystudio.com.

KidSPARK Gymnastics: Where a child's love for physical activity begins. Their imagination gets to stretch, twist and tumble itself around coordination drills, motion activities and basic gymnastics and dance skills. From ribbon wands to geometric shaped tunnels and lots more, our interactive equipment helps your child develop the fundamentals necessary to become a true Champion.

KidSPARK Camp Morning: Let KidSPARK Camp Morning celebrate your child through a holistic and innovative approach to preschool. Gymnastics, yoga, dance, music, and art with an underlying pre-academic curriculum inspired by our signature staff - experienced coaches and certified teachers who love kids and love learning. Loaded with hugs and high fives, your child is guaranteed to come home smiling!

Champ Rec Gymnastics: Perfect for students who want to explore learning gymnastics without mandatory commitments. Quality instruction is offered at various levels for all ages. Champions coaches are experts at encouraging athletes so that students develop a passion for these fun and exciting sports.

Turbo Tumbling: Take your floor skills to the next level! This class focuses on strengthening tumbling ability through skill building and technique drills. Participants will increase core body strength, body awareness and flexibility. Levels are organized by skills being worked on: 1 cartwheel/roll off 2 backhand spring, etc... Instructor approval required.

Bravo Teams: Perfect for those gymnasts who have a grasp of the gymnastics basics and a strong desire to enhance their skills in a positive environment motivated by team camaraderie. Strength, flexibility and agility are the focus as they work on expanding their skill base and learn how to connect new tricks to choreographed routines. Before you know it, their confidence takes a huge leap, as well! Instructor approval required.

Nitro Teams: By emphasizing fundamentals and focusing on proper conditioning and skill progressions, Nitro gymnasts progress at optimum speed to ultimately prepare them for competition. We pride ourselves on creating a fun training environment, while at the same time teaching proper discipline and respect so that each athlete can be successful not only as a gymnast, but also as an individual. Team requires instructor approval.

Crush Cheer: Expert instruction in all of the elements of cheer - jump combinations, stunts, cheers, chants, power tumbling and more in an atmosphere that fosters integrity, provides encouragement, and promotes confidence. Each cheer athletes' strengths and abilities are showcased while they learn the important values of hard work, dedication, perseverance and selflessness. All Star Teams range from ages 6 - 14 and require instructor approval.

Crush Cheer Prep: Expert instruction in all of the elements of beginning cheer - jumps, stunts, cheers, chants, tumbling and more in an atmosphere that fosters integrity, provides encouragement, and promotes confidence. Each cheer athletes' strengths and abilities are showcased while they learn the important values of hard work, dedication, perseverance and selflessness.

Crush Cheer Tot: Your tiniest cheer enthusiast will love this specialized Pre-School Cheer Class. It's the perfect age for your 3 to 5 year old to start learning beginning cheer and tumbling skills. Cheerleading isn't just cheerleading at Champions. It's where athletes use their own strength and ability to grow confidence and self-esteem. It's where the values of dedication, perseverance and selflessness create the strong foundation for success in life.

SYNERGY Dance: Incorporates many ages and styles into a unique, fun, and upbeat atmosphere. Classes will include basics of rhythm, movement and dance. Synergy Dance classes are a perfect way to introduce your child to Hip Hop, Ballet, Tap, Jazz, Zumba and Urban Motion Corp.

SYNERGY Dance Studio: A positive, inspirational and personal fitness experience. Each session is designed to inspire, instruct and inform women to live healthy, happy and holistic lives as well as challenge bodies, minds and spirits while chasing dreams, setting goals, sharing life and embracing Austin and the community at large together. Champions Westlake is proud to share its new facility and sparkling new dance studios as an indoor location for Ignite.

Urban Motion Corps: This popular program teaches non-competitive, physical movement where participants attempt to negotiate obstacles in the most efficient way possible using only their bodies. Movements may contain running, jumping, climbing, vaulting, tumbling, bar swinging and more.

Champions Westlake is located in the Mira Vista Shopping Center next to Panera 2805 Bee Caves Rd. Suite 405, Austin, TX 78746 Phone: (512) 426-1990 Fax: (512) 327-3912 www.championswestlake.com