

# DAGGETT GYMNASTICS PROGRAMS

## TINY TOTS

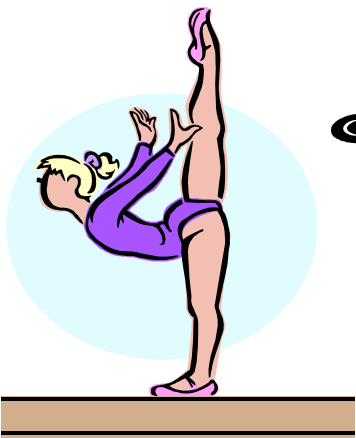
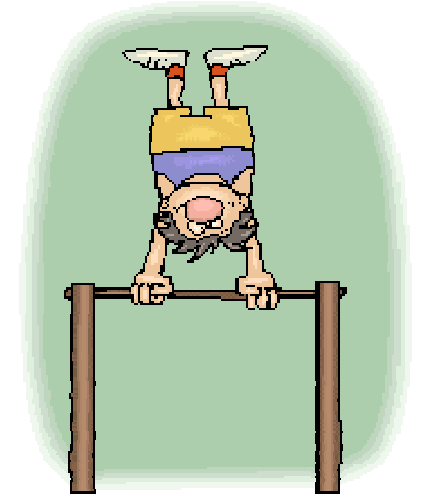
A 40 minute structured program designed with parent/child interaction in a fun-filled atmosphere for ages 1 to 3. Children are repeatedly praised for their accomplishments. Classes include multiple

## MINI TUMBLERS

A 40 minute structured program with lots of fun for ages 3 to 4.5. These children work in small groups along with an instructor. Our staff is understanding and flexible towards the needs of shy, quiet, and fearful children. Mini tumblers learn basic gymnastics and safety

## KINDERGYM

A 55 minute structured program designed to develop a young child's strength, coordination and confidence through basic skills training on all gymnastics events. For ages 4.5 - 6 years.

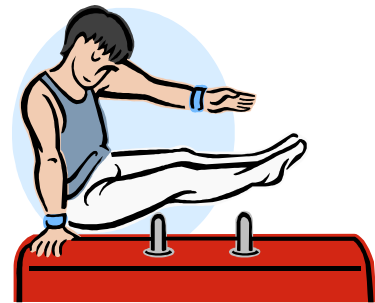


## GYMNASTICS 5+ (BOYS & GIRLS)

A 55 minute structured program for beginner to intermediate gymnasts. This program caters to children of different abilities with an emphasis on increasing skill level in a positive and fun atmosphere. This class develops strength, flexibility, and balance ... the fundamentals for gymnastics and all sports.

## BALLET GYM- PRESCHOOL

A 40 minute structured program designed for ages 3 to 5, that splits the time between dance and gym. An introduction to dance, barre, and center work for 20 minutes, then time to tumble.



## ACCELERATED CLASS

This class is by invitation only. A 55 minute structured class that teaches the skills necessary to begin competitive gymnastics. Strength, flexibility and disciplined workout habits become more important.



## BALLET GYM- 5+

A 55 minute structured program designed for 6 to 9 year olds. A more advanced addition to our fun-filled Preschool Ballet/Gym. Ballet will include barre, more advanced leaps and turns for 30 minutes, then 30 minutes of gymnastics class.

## ACCELERATED ADVANCED CLASS

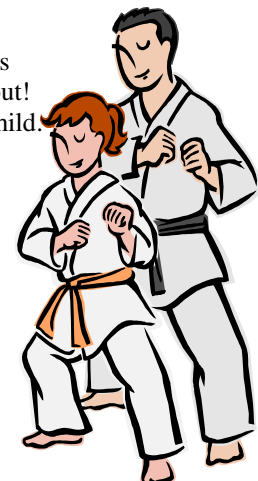
This class is by invitation only. A 75 minute structured class that builds on the skills learned in the accelerated class program.. Strength, flexibility and disciplined workout habits become more important.

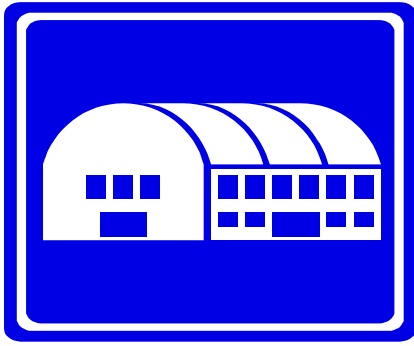
## OPEN GYM

Every Saturday, from 12:30 to 1:30 PM. Brings friends and relatives for a fun-filled exciting 60 minute workout! Non-members are welcome. (Ages 6 + yrs.) \$10 per child.

## MARTIAL ARTS

A 60 minute organized program of practical martial arts. We strive for excellence in every individual. Gold medal martial arts establishes discipline and courtesy; builds confidence, character and develops coordination, flexibility, and strength. Achieving higher levels of belts and stripes give students a sense of accomplishment. All these disciplines enhance a student's goal setting.





## ABOUT OUR FACILITY

Our activity areas cover over 16,000 square feet. Our state of the art facility is filled with the latest training devices, including two huge safety pits filled with over 10,000 blocks of safety foam. These pits are important for learning skills more quickly and easily. During classes and birthday parties, they are also fun places to play and learn. Daggett Gymnastics has a large viewing area from which you may observe your child's class. We offer a pro shop carrying gymnastics wear and equipment, as well as healthy snacks and drinks.

## ADMINISTRATION & TUITION

- \$25.00 non-refundable registration fee per season (September – June)
- 10% multi-child/multi-class discount available.
- All other questions about tuition can be answered on our website [www.daggettgymnastics.com](http://www.daggettgymnastics.com) or by calling the office at 413-786-4686.



## ATTIRE

For safety and comfort, girls may wear a LEOTARD, shorts, and T shirt, or sweats. Nylon tights are not allowed unless they are footless. Cotton socks are acceptable. Long hair must be pulled back for safety. Boys should wear gym shorts and T shirts or sweats. No jewelry, shoes, gum, or food permitted in the gym.



## SHOWCASE OF STARS

Our year end shows provide a place for children to display their skills and receive awards. These shows are part of our curriculum and count as one class. To participate in the show, your child must be enrolled in Session 5.

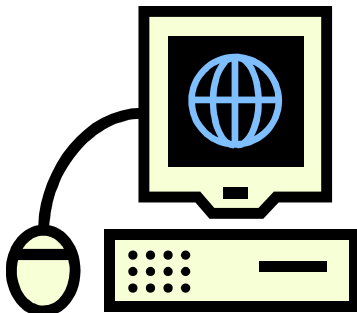


## MISSED CLASSES & MAKE-UPS

Missed classes **MAY NOT** be deducted from tuition. Classes may be made up by attending any regular class of the same level within 2 weeks of absence, and only within the session the class is missed. Make up classes must be scheduled through the office prior to class in order to avoid over crowding. In the case of inclement weather, log on [www.daggettgymnastics.com](http://www.daggettgymnastics.com) or [www.wggb.com](http://www.wggb.com) or feel free to call the gym to verify any cancellations.

## OTHER SPECIAL PROMOTIONS AT DAGGETT'S ARE:

Birthday parties, summer camps, special events, private lessons, holiday camps, and gift certificates. Call, stop by, or check out our website for more information.



[www.daggettgymnastics.com](http://www.daggettgymnastics.com)

413-786-4686

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