

# Class Schedule

## 2010-2011



49 Powers Road  
Westford, MA 01886  
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www.onestopfun.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All "Gym" classes are recreational gymnastics classes, including Parent/Tot, Preschool and Kinderkids. Age group is after "Gym"</b>						
6:30					Mild Vinyasa - 60	
9:00	Connection (3 hours) Gym 3.5-4	Gym 1-2.5 Gym 4-5	Adult Zumba Connection (3 hours) Gym 4-5	Kripalu Vinyasa - 75 Gym 3.5-4 Gym Boys 4-5	Gym 3.5-4 Gym 4-5	Gym 4-5 Gym 3.5-4
9:15	Gym 2.5-3.5					Ballet/Tap/Jazz 3-5 Gym 1-2.5 Gym 2.5-3.5
10:00	Combo 4-6 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4	Combo 3-4 Gym HS Under 6 Gym HS Girls 8+	Gym 1-2.5 Gym 2.5-3.5	Gym 2.5-3.5 Gym 4-5	Ballet Beginner 6-9 Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B) Gym Girls 6-8 (I)
11:00	Ballet/Tap 3-5 Gym 1-2.5 Gym 4-5	Karate Kids Gym 3.5-4 Gym 4-5	Tap/Ballet 3-5 Gym HS Boys 8+ Gym HS Co-ed 6+	Adult Karate Gym 3.5-4 Gym 4-5	Gym 1-2.5 Gym 3.5-4	Ballet 10+ Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B) Gym Girls 6-8 (I)
12:00	Open Gym*	Open Gym*	Open Gym*	Open Gym* Warm Vinyasa-60	Open Gym*	
12:30		Hot Vinyasa Yoga-75				
1:00	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Karate Kids Gym 2.5-3.5	Gym 3.5-4	Birthday Parties Saturday Sunday
2:00	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4	Gym 4-5	
3:30	Kinderhop 5-6 Gym 4-5 Gym Girls 6-8 (B)	Kids Yoga Gym 4-5 Tumbling 7+ (I)	Tap/Ballet/Jazz 3-5 Tumb 8+ (I) Gym Girls 8+ (B)	Gym Girls 6-8 (B) Gym Girls 8+ (I)	Gym Girls 6-8 (B)	
4:30	Dance Trio II Gym Girls 6-8 (I) Gym Boys 6-8	Karate 5-7 Gym Girls 6-8 (B) Gym Girls 6-8 (I)	Dance Trio I Gym Girls 6-8 (B) Gym Girls 8+ (B)	Gym Girls 6-8 (I) Gym Girls 7+ (A)	Gym Girls 6-8 (B) Gym Boys 7+	
5:00			Gym Girls 7+ (A)	Karate 5-7		
5:30	Jazz/Hip Hop 7-9 Gym Girls 8+ (B) Gym Girls 8+ (I)	Gym Girls 8+ (B) Tumb 6+ (B) Karate 8+	Dance Trio II Gym Girls 6-8 (I) Gym Girls 8+ (I)	Gym Girls 8+ (B) Tumbling 8+ (B)	Tumb 6+ (B)	
6:00				Karate 8+		
6:30	Jazz/Hip Hop 10+ Tumb 8+ (I)	Tumb 8+ (I) Adv Karate Inv Only	Tumbling (A) (60 min)		PARENTS NIGHT OUT*	
7:00				Adv Karate Inv Only		

\* Dates for Parents Night Out on Friday nights will be announced.

## Family Membership

When enrolling, an annual family membership fee of \$50 applies. Membership benefits include: Reduced Gym Mania, Pool and special events rates, Gym Mania free for siblings during class, free access to wireless internet, free birthday cake at your One Stop Fun party (or up to \$18 credit towards birthday party extras), and 10% off ProShop purchases.

# Class Descriptions

## Our Philosophy

Nashoba Gymnastics Academy at One Stop Fun is committed to providing a quality gymnastics program. We teach gymnastics in a safe, progressive manner and always have fun! Physical fitness through gymnastics teaches your child coordination and provides the basics for a lifetime of activity. Gymnastics helps children develop a positive self-esteem, providing children with confidence and socialization. Most of all, we provide children with the joy of learning in a fun and safe environment.

## Parent/Tot (1-2.5 yrs and 2.5-3.5 yrs)

Parents and guardians play an active role in these fun and interactive toddler classes. The focus is on movement with emphasis on developing fine and gross motor skills, exploration, socialization, and muscle coordination. In addition to physical development, each child will leave with a big smile and positive self-esteem. Class ratios are 10:1. 45 minute class. \$180/session.

## Preschool & Kinderkids Classes (3.5-4 yrs and 4-5 yrs)

We have a fun and progressive curriculum designed to enhance your child's developing strength and coordination in a fun and progressive manner. Students learn basic tumbling and gymnastics skills. We encourage continuous activity through obstacle courses with emphasis on climbing, jumping, running and tumbling in a fun and safe environment. Class ratios are 6:1. 3.5-4 yrs class is 50 minutes and \$190/session. The 4-5 yrs class is 55 minutes and \$195/session.

## Gymnastics Classes (6-8 yrs and 8+ yrs)

Children learn developmental gymnastics skills with an introduction to competitive gymnastics equipment. These classes are not only for children that have progressed out of our preschool classes, but are also for beginners. Girls utilize vault, uneven bars, balance beam, floor exercise, trampoline and Tumble Trak. Boys utilize vault, high bar, floor exercise, rings, parallel bars, trampoline and Tumble Trak. Class benefits include great exercise, enhanced motor coordination for all sports, greater confidence and self-esteem and socialization with friends. Pricing below.

## Tumbling Classes (6+ yrs and 8+ yrs)

This program is designed for children who wish to focus only on the tumbling aspect of gymnastics utilizing the trampoline, Tumble Trak and floor. Pricing below.

## Gymnastics/tumbling classes are offered at three levels:

Beginner (B), Intermediate (I) and Advanced (A). Children starting out will be placed in a beginner class. After obtaining the basic skills, students can progress to an intermediate class. By invitation only or after scheduling an evaluation, girls can progress to an advanced class. Great for girls that are interested in advancing to our team program. Class ratios are 8:1. All beginner and intermediate classes are 60 minutes and cost \$195/session. Advanced classes are 90 minutes and cost \$250/session.

## Team Program - Nashoba Gymnastics Academy

Nashoba Gymnastics Academy is a member of U.S.A. Gymnastics, the governing body for gymnastics in the United States. Our girl's teams represent Nashoba Gymnastics Academy at the local, state, and regional levels. Back this year is our Rising Stars program. Participation in the team program is by invitation only. Please let us know if you would like your child evaluated.

## Homeschoolers (HS)

A program designed specifically for children that are homeschooled. Please call for details.

## Dance (3-5 yrs and 6+ yrs)

Students ages three and older will enjoy our child oriented classes that combine dance skills with age appropriate instruction and techniques. We offer ballet, tap, and/or jazz/hip-hop. 45 minute class for ages 3-5, \$140/session. 60 minute class for ages 6+, \$160/session. For a complete list of class descriptions go to onestopfun.com/dancecenter.aspx.

## Combo Classes (3-4 yrs and 5-6 yrs)

A fun way to learn both dancing and gymnastics. Children will spend 30 minutes in the dance studio and then move into the gym for 30 minutes of structured gymnastics. Children will be exposed to all gymnastics events as well as ballet, jazz and movement to music. A wonderful NEW program that teaches the fundamentals of dancing and gymnastics in a fun, supportive environment. The class is 60 minutes and \$195/session.

## Connection (3-6 yrs) (3 Hours)

In our 3 hour connection program, students participate in our regular classes such as gymnastics and dance, plus other fun activities like arts and crafts, story time, cooperative games, and snack time. 3 hours. \$295/session for one day per week, \$500/session for two days per week.

## Shotokan Karate (5 yrs - adult and karate kids)

Students practice kihon (basics), kata (forms), kumite (sparring), and various drills to improve fitness, speed, flexibility and agility. Go to onestopfun.com for more details on our karate programs. Karate is excellent for improving overall fitness, confidence, and focus. \$225/session for two classes per week (required for new students ages 8+ and all blue major belt or higher). \$160/session for one class per week (open to existing students lower than blue major belt and new students under age 8). \$100/session for Karate Kids (30 min). \$160/session for Adult Karate (Thurs 11:00-12:00).

## Yoga (adult and kids)

For adults we offer Kripalu and Hot Vinyasa Yoga. Kripalu classes (60 or 75 min) are held at a mild temperature and include warmups, breathwork, postures, and meditation. Vinyasa classes (90 min) are physically challenging and held in a heated room. The heat encourages a detoxifying sweat and deeper postures. Both styles emphasize safety and end in deep relaxation. All levels are welcome - modifications are offered according to individual needs. Kids yoga classes are based on the nationally acclaimed Yoga Ed curriculum. 45 min kids yoga is \$110/session, 60 min classes are \$120/session, 75 min classes are \$130/session, 90 min classes are \$140/session. Length of class denoted on schedule.

## Zumba and Zumbatomic

Zumba is exercise in disguise! Zumba is a dance fitness program that uses Latin rhythms and easy to follow moves to create a low impact workout that will sculpt and tone your body while you're having fun. Adult Zumba and kid Zumbatomic classes are 45 min for \$120/session.

## Specials

- Students that sign up for two sessions save 5%, three sessions save 10%, 4 sessions save 15%
- Families that sign up for more than one class per session will save \$20 for 2 classes and \$30 for 3 classes

## Gym Mania

The ultimate indoor playground with three stories of tubes, tunnels, slides and ball pits. Siblings play for free during class time. Hours: Mon-Sat 9-6, Sun 10-6

## Session Dates

Session	Dates	No Classes
1	Sept 7 - Nov 6	None
2	Nov 8 - Jan 15	11/25, 27; 12/24-1/2
3	Jan 17- March 26	2/21-2/26
4	March 28 -June 4	4/18-4/23; 5/30
Tentative Date for Year End Show - June 5		
Tentative Date for Year End Dance Recital - June 10		

Call Ahead to Book a FREE Trial Class for any of our Programs!