

## Summer is Almost Here!

This summer Over the Top will be offering our full range of school year programs in two sessions for your convenience. Our programs will include:

- Preschool Gymnastics
- Progressive Girls Program
- Boys Recreational Classes
- Tumbling Classes
- Recreational Team Program
- USA Team Program
- One Day Clinics
- Private Lessons

We are looking forward to this summer and hope to see everyone in the gym this July and August. Sign up for one or both of our summer sessions today!

### Summer Session 1

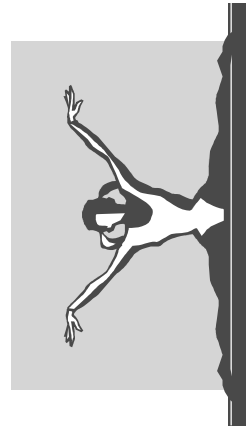
June 23—July 25

### Summer Session 2

July 28-August 22

Summer Registration Fee:  
just \$10!

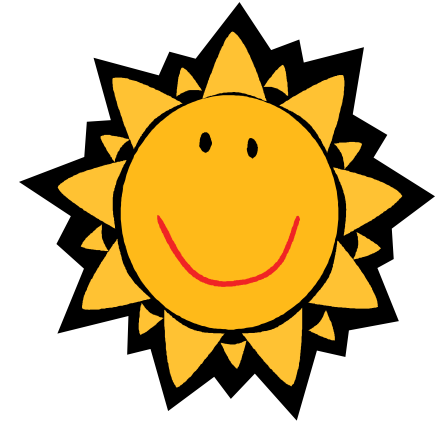
Get In the Gym!



(508) 752-7676  
11 McKeon Road  
Worcester Ma 01610  
[www.overthetopgym.org](http://www.overthetopgym.org)



## SUMMER PROGRAMS 2008



(508) 752-7676  
11 McKeon Road  
Worcester Ma 01610  
[www.overthetopgym.org](http://www.overthetopgym.org)

## Tiny Tumblers

Ages: 2.9-5 years

Designed with preschoolers in mind, participants are introduced to basic tumbling skills and gymnastics equipment in a fun, fast paced environment.

**Tuesdays**

**3:00-3:45 / \$50.00 per session**

## Boys Classes

Ages: 6-12 years

Our boys program introduces boys men's gymnastics equipment and trampoline. Boys classes work out in mixed ability groups.



**Wednesdays**

**5:15-6:15 / \$55.00 per session**

## Tumbling Classes

Ages: 6 and up

Great for gymnasts, cheerleaders, dancers or martial arts students, these classes are focused on learning and improving tumbling skills.

**Wednesdays**

**4:00-5:00 / \$55.00 per session**

## Private Lessons

We offer both private & semi-private lessons for OTTGA members. Please contact us for information.

**PLEASE NOTE:** OTTGA reserves the right to cancel any classes/programs due to lack of enrollment.

## Girls Progressive Program

Ages: 6 and up

Our girls program focuses on progression levels that are designed to develop proper skill progression and technique while building the necessary strength and flexibility required for gymnastics in a fun, student focused atmosphere.

**Thursdays**

**3:00-4:00 Levels 1 and 2 / \$55.00 per session**

**4:00-5:30 Levels 3 and 4 / \$70.00 per session**

**5:30-6:30 Levels 1 and 2 / \$55.00 per session**

**6:30-8:00 Levels 3 and 4 / \$70.00 per session**

Get a discount for coming 2 days per week!!!



## One Day Training Clinics

<u>Date</u>	<u>Time</u>	<u>Clinic</u>
June 29	9:00-12:00	Strength for Jumps
July 9	3:30-6:30	Beam: Conquering Fears
July 16	9:00-12:00	Flexibility and Conditioning
July 23	3:30-6:30	Gymnastics Competitions: What to Expect
July 30	9:00-12:00	Front Tumbling
Aug 6	3:30-6:30	Dance: Leaps and Jumps
Aug 13	9:00-12:00	Mental Training
Aug 20	3:30-6:30	Uneven Bars Clinic

**Cost: \$35.00 per clinic**

**Super Saver!!!**

**Register for any 3 clinics- Get One Clinic Free!!!!**

**Register for any 6 clinics- Get Two Clinics Free!!!!**

## Girls Team Session

This summer we are offering a very flexible 8 week session for our girls' team program. Please see your level for the minimum number of time slots you must attend per week. Team Workouts will be held on Mondays, Tuesdays, Thursdays and Fridays only. There will be two time slots on each of these days:

9:00-12:00 and/or 5:30-8:30

Gymnasts may sign up for two time slots per day or spread their workouts out over the week, but you will keep the same schedule all session. **You must sign up for time slots by June 1st.**

Missed classes for any reason must be made up over the summer session. *Sorry, tuition will not be pro-rated to due vacations or days skipped for any reason..*

**Summer workouts are mandatory for all USA & AAU team members.**

<u>Team Level</u>	<u>Min. Required Slots</u>	<u>Total</u>	<u>Cost</u>
Jr Novice	2 time slots/week	16	\$350
Novice/Int	3 time slots/week	24	\$400
USA 2	2 time slots/week	16	\$350
USA 3,4	3 time slots/week	24	\$400
USA 5,6	4 time slots/week	32	\$450
USA 7-10	5 time slots/week	32	\$450

Team gymnasts are encouraged to attend MORE than the minimum time slots per week. Please inquire with Carrie or Andrea to customize your summer schedule and for additional pricing information.

USA LEVEL 1

Tuesdays and Thursdays 4:00-5:30 \$260

