

# CSA Kids

## Class Schedule

CSA Kids Sports & Arts Campus

Building healthy bodies & educated minds since 1974

4113 Whitney St. Janesville Campus

608.756.0444

www.csakids.com

## Junior Olympic Gymnastics Girls

### Girls Pre-Team

5yr & up (1 hour per week) Tuition monthly \$70

Mon. 4:00-5:00 Tues. 5:30-6:30 Thurs. 5:30-6:30

Sat. 8:30-9:30

This is an introductory gymnastic class.

Basic gymnastic language and the events are introduced in this class.

Balance Beam Uneven Bars Vault Tumbling

### Girls Level 1 Team

5.5yr & up (1.5 hour per week) Tuition monthly \$85

Mon. 4:30-6:00 Tues. 6:30-8:00 Wed. 6:00-7:30 Thurs. 4:00-5:30

Friday 4:00-5:30 Sat. 10:15-11:45

Gymnasts will learn Level 1 gymnastic skills on the Four Olympic Events

Balance Beam Uneven Bars Vault Tumbling

### Girls Level 2 Team

5.5yr & up (1.5 hours per week) Tuition monthly \$85

Monday 6:00-7:30 or Friday 4:00-5:30

For the one day a week student she will be learning Level 2 skills to place in routines

### Girls Level 2 Team

5.5yr & up (3 hours per week) Tuition monthly \$120

Tuesday & Thursday 4:00-5:30 or Tuesday & Thursday 5:30-7:30

For the two day three hours per week student, this class offers the opportunity for more advancement. In this competitive achievement orientated program of progressions, conditioning, flexibility training and the girls will also work on routines to get ready for the Level 2 Traveling Competitive Team Program

### Girls Xcel Team Gymnastic Program

Pre Teen / Teen and High school gymnast Tuition monthly \$145

9-11yr Monday & Wednesday 4:30-6:30

12yr & up Monday & Wednesday 6:30-8:30

High School Monday & Wednesday 6:30-8:30

For gymnasts or those that want to be in gymnastics and want to train to be a competitive gymnast, but have limited time

## CSA Kids Competitive Team

By invitation only

**Level 2 Traveling** 3 hours per week Tuition monthly

**Level 3** 9 hours per week Tuition monthly

**Level 4** 10.5 hours per week Tuition monthly

**Level 5** 12 hours per week Tuition monthly

**Level 6 & up** 16 hours per week Tuition monthly

In these competitive upper levels, team girls perfect routines to their level and travel for gymnastics competitions.

Interested in joining the upper level team?

Contact the Head Coach for more information and enrollment periods.

## Boys & Girls Preschool Gymnastics Gym N' Crickets

### Walking to 3yr w/Parent

**Little Crickets** Tuition monthly \$40

Tues. 9:30-10:00 / 4:45-5:15 Wed. 5:30-6:00

"Parent and Child" Physical education classes with active parent participation. Fun and playful parent/child class centered around age appropriate development movements. Strong emphasis on socialization skills and group involvement. 12 students per instructor.

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### 3-4yr. Pee Wee Crickets

Tuition monthly \$40

Mon. 5:45-6:15 Tues. 9:00-9:30 Wed. 4:00-4:30

No parents needed here. There are mountains to climb, canyons to jump, vines to swing and tramps to jump on. Challenges are FUN!

6 students per Instructor

### 4-5yr. Super Crickets

Tuition monthly \$54

Mon. 5:00-5:45 Tues. 10:00-10:45

Wed. 4:30-5:15 Thurs. 6:30-7:15 Sat. 9:30-10:15

Fun class for those beginning to really step out and MOVE. It is essential and the "attempts" are seen for what they are—an OK. Normal piece of the learning puzzle. 7 students per Instructor.

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## Junior Olympic Gymnastics Boys

### Boys Gymnastic Team 5.5yr & up

(1.5 hours per week) Tuition Monthly \$80

**Monday 6:30-8:00**

### Junior Olympic Gymnastics Competitive Boys Team Program

Call for more information about the 2 day Program

## Dance Moving Center

### Sparklers Pre-Ballet 2.5-3.5yr Tuition monthly \$28

Monday 4:00-4:30

Gentle and fun approach to basic skills with music while working with Pre-Ballet and Creative Movement. This dance educational program has progressively more difficult activities. Non locomotive skills and locomotive skills. The idea is to make the children feel good about movement and providing them with frequent opportunities to experience success. Routines will also be part of this class. 6 students per class.

### Twinklers Tap & Pre-Ballet 3.5-5yr Tuition: monthly \$43

Mon. 6:45-7:30

Our Twinkler Dance Program is an extension of our Sparkler Program where the child will experience all of the above but will move along more quickly. Music, singing, creative activities, basic tap and pre-ballet plus dance routines make this a great fun class for your preschooler. 8 students per class.

### CSA Dance Masters Beginner to Advance Dance Program

CSA Dance Masters curriculum is planned for the student to have successful, fun experiences. We work with the students strength & natural ability to develop grace, poise, rhythm and coordination through the art of dance and music. 12 per class

5.5-8 yr Tap & Ballet Mon. 6:45-7:30 Tuition monthly \$43

9 yr. & up Jazz Mon. 4:30-5:00 Tuition monthly \$28

5.5-8yrs Ballet/ Pre Jazz Mon. 5:30-6:00 Tuition monthly \$28

By invitation only Dance Company Mon. 5:00-5:30 Tuition monthly \$28

## Ninja Fitness Kids

BUILD

A foundation through developmentally appropriate lesson plans that nurture the whole child physically, emotionally and socially plus stimulates the imagination while discovering the joys of having success by self improvement..

CREATE

Movement activities that develop balance, control, and coordination while having fun. Lesson plans that have activities such as running, climbing, crawling, reaching, jumping plus using obstacle courses and trampoline, foam pit, bars plus fun equipment.

**Ninja Fitness Kids** Boys & Girls 5-9yr \$54 monthly tuition  
Friday 5:30-6:15 Friday 6:15-7:00

**Boys & Girls  
5-9yr**

**5.5yr & up**

## Tumble N' Tramp

**Boys & Girls Tumble N' Tramp** Tuition monthly \$69.

Learn Tumbling & Trampoline skills run, jump and have fun. Unlike gymnastics, T & T appeals to a variety of body types and requires considerably less training time.  
Friday 7:00-8:00

## Wiggle & Giggle

Boys & Girls 18 month-5yr  
\$43 monthly Tuition

### CSA Kids Wiggle & Giggle Program

Gives a child the opportunity to discover the joys of music, singing, listening, dancing, creative movement and playing all rolled into one class

**Wednesday 5:15-5:55 4 & 5yr**  
**Wednesday 6:00-6:40 18m-3yr w/Parent**

## Swim Like-A-Fish Aquatic Program

Our pool features 90 degree water, and is designed for safety and learning with steps along one side for comfort during lessons, with a depth of 31/2 to 41/2. Our extremely small student teacher ratio and outstanding staff and curriculum makes children feel safe and secure which provides a great environment for teaching swim & safety lessons.

### Little Fish 6-month to 3yr

"Parent and Child" classes. Bonding while being exposed to supported movements and fun water activities 8 students per class. All swimmers that need diapers must wear CSA kids swim diapers made by Iplay. No other diaper allowed.

### Pee Wee Fish 3yr (non swimmer)

Gentle and fun approach for non swimmer. Safety & basic skills emphasis.

### Super Fish 4yr & up (non swimmer)

Fun and relaxed environment for non swimmer. Learn beginner swim skills. Safety and basic skills are stressed

### PRE-MASTERED the skills below

#### Jelly Fish Beginner

Front crawl w/ face in water for 10 ft. Front & back float unassisted

#### Snapper Fish Advanced Beginner

Front crawl w/ rhythmic breathing. 40ft Backstroke & 20ft Elementary backstroke

#### Star Fish Intermediate

Breast stroke Sculling on back 20 ft. open - touch turns front & back

#### Sun Fish Advanced

Sidestroke 20 ft. and Butterfly Tread water 2 min.

## Swim Like-A-Fish Aquatics

### Class Schedule & Tuition

90 degree warm water 35 min. per class

#### **Little Fish w/ Parent**

**6 month-3.5yrs** Tuition \$54 monthly

Tues.5:50-6:25 / Sat. 11:00-11:35

**PeeWee Fish 3yr Non swimmer** Tuition \$59 Monthly

Wed.4:35-5:10 / Thurs. 6:30-7:05

**Super Fish 4yr & up Non swimmer** Tuition \$59 Monthly

Mon.5:10-5:45 Tues.4:00-4:35/5:10-5:45 Wed 5:50-6:25

Thurs.4:35-5:10/6:30-7:05 Sat. 9:10-9:45

**Jelly Fish Beginner** Tuition \$59 Monthly

Mon. 4:35-5:10/5:50-6:25 Tues.4:35-5:10 Wed. 5:10-5:45/6:30-7:05

Thurs. 5:10-5:45/ 5:50-6:25/7:05-7:40 Sat.9:45-10:20/11:35-12:10

**Snapper Fish Adv. Beginner** Tuition \$59 Monthly

Tues.6:30-7:05 Wed. 7:05-7:Thurs.4:35-5:10 /5:10-5:45 Sat.10:20-10:55

**Star Fish Intermediate** Tuition \$59 Monthly

Mon.6:30-7:05 Wed.4:00-4:35

**Stroke Development** Tuition \$59 Monthly  
for Intermediate/Advanced

Tues 4:35-5:10 ( by invitation only)

#### **Special Class (2 students)**

Tuition \$120 per student  
Monthly

Call for times available

**Sun Fish Advanced** Tuition \$59 Monthly

Tues. 7:05-7:40

## POLICIES & PROCEDURES

### Annual Family Registration Fee ( Non-refundable)

\$50 Annual Family Registration Fee required.

Benefits: Discounts on Open Gym / Camps/ Periodic "Member only" Sales in the Sports N' Stuff Shop and on Birthday Parties.

### Monthly Tuition

Is based on calendar month. Class weeks can vary between 3-5 monthly, but averages out over the course of the year. For your convenience monthly enrollments happens and continues until we receive a written one (1) month withdrawal notice.

### Monthly Auto Pay Options

Your child's monthly tuition may be paid by automatic credit card, debit or check withdrawal

These forms are at CSA front desk or on [www.csakids.com](http://www.csakids.com) web site.

Auto payments are processed on the 1st of each month, but tuition received by the 24th prior to the month due, will replace the month's auto payment. Children will not be allowed to register to a class at CSA, if you do not fill out the Auto Draw information.

### Returned Checks or Credit /Debit Cards

We have a \$35 charge for returned unpaid.

### Money Back Guarantee

Within 24 hours after your FIRST class call (608) 756-0444 and you will receive a refund for that classes tuition. No other refunds, or credits. Registration fee is non-refundable.

### Withdrawal from Class

Your child is considered an active student in the class you registered to, until you send in a written withdrawal notice ( 30 day notice) The withdrawal must be in before or by the 1st day of a month to be have your child withdrawn for the following month. (no exception)

**SAMPLE EXAMPLE::** Written withdraw by January 1st and you child will be withdrawn from their class for February and you will not be charged tuition for February. This form may be found at CSA's front desk. Please note: If CSA does not receive a written withdraw notice you will be responsible for that month's tuition. (No exceptions)

### Medical Reasons for Dropping a Class

For medical situations validated by a written acknowledgment from a licensed medical practitioner you will be granted a tuition credit prorated from THE DATE WE RECEIVE THE WRITTEN ACKNOWLEDGEMENT. A retroactive request for medical credit cannot be granted, as it eliminates our opportunity to fill your vacated class spot.

**Make ups:** There are no make ups or credits for a missed class.

### Required Attire

**Gymnast/ Cheer/ Pom / Tumble N' Tramp/ Ninja:** Leotard or shorts and T-shirt without zipper or buttons. Gymnastic shoes are best, but cotton socks or bare feet are acceptable.

**Dancers:** Leotard & tights of choice. Shoes pink ballet, black tap or black jazz.

**Swimmers:** Swimsuit of choice. Must wear CSA Kids swim diaper (Iplay brand only). No other diapers allowed in pool.

**All Students:** Leave jewelry and valuables at home. Not responsible for lost or stolen items.

### Cancellations

CSA reserves the right to cancel classes. We do not do make ups for closing due to weather.

**Weather Closing:** listed on [www.WCLO.com](http://www.WCLO.com)

**Camera and Audio:** Surveillance in building.: