

# 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

### Pre-Team

4.5 to 5.5yrs (1 hour per week) Tuition monthly

\$70 Mon. 4:00-5:00 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

### Level 1 Team

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

Tues. 6:30-8:00 Wed. 6:00-7:30

Thurs. 4:00-5:30 / 5:00-6:30 Sat. 10:15-11:45

Gymnasts will learn Level 1 gymnastic skills on the Four Olympic Events  
Balance Beam Uneven Bars Vault Tumbling

### Gymnastic Workshop ( 1 day per week)

#### Level 2 and Up

Monday 4:30-6:30 Thursday 6:30-8:30 Friday 5:00-7:00

6yrs & up 2 hours per week Tuition monthly \$105

For the gymnasts that want to train but have limited time will be working on skills & routines  
on the four Olympic Events Balance Beam Uneven Bars Vault and Tumbling

This class will have a once a year in-house meet every spring

### Gymnastic Workshop ( 2 days per week)

#### Level 2 and up

Monday & Wednesday 4:30-6:30

Non competitive gymnasts or those that want to be in gymnastics but have limited time  
6 yrs & up 4 hours per week Tuition monthly \$145

For the gymnasts that want to train but have limited time will be working on skills & routines  
on the four Olympic Events Balance Beam Uneven Bars Vault and Tumbling

This class will have a once a year in-house meet every spring

Accepting enrollment

March 2018

### High School Workshop

Monday & Wednesday 6:30-8:30 Tuition monthly \$145

High school gymnasts that want to get ready for their High School Team

## CSA Kids Competitive Team

By invitation only

**Xcel Team** 4 hours per week Tuition monthly

**Level 2** 4 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

Mon. 6:45-7:15 / 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. 5:00-5:30 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

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 Pre-Team

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

Tuesday 5:30-6:30

### Junior Olympic Gymnastics Competitive Boys Team Program

Call for more information

Boys Gymnastic Team 5.5yr & up  
(1.5 hours per week) Tuition Monthly \$80

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## 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 so cially 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 3 1/2 to 4 1/2. 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 4:00-4:35 /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

**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



### Parents Information

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## 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 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 your 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 withdrawal 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 (lplay 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 make ups for closing do to weather

**Weather Closing listed on www.WCLO.com**

**Camera and Audio Surveillance in building**

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### CSA Kids 2017 Calendar

**January** Calendar month January 9-February 5

**February** Calendar month February 6-March 5

**March** Calendar month March 6-April 2

**April** Calendar month April 3-April 30

**May** Calendar month May 1-May 28

**June** Calendar month May 30-June 27

**July** Calendar month July 5-August 1

**August** Calendar month August 2-September 10

**September** Calendar month September 6-October 1

**October** Calendar month October 2 -October 29

**November** Calendar month October 30-December 3

**December** Calendar month December 4-January 8

### Closed Dates 2017

(May 29) (June 28-July 4) (August 30-Sept. 5) (Oct. 31)

(Nov. 22-Nov. 27) (Dec. 24-Jan.1)

### 2018

**January** Calendar month January 9-February 5

**February** Calendar month February 6-March 5

### Closed Dates 2017

### Indoor Playground (Open Gym)

for

### Walking – 6yr with Parent

Opening and Closing Fitness Time

Trampolines to Jump on

Foam Pit to Crawl around in

Bars to Swing on

Balance Beams to Balance on

Vaults to Bounce on

Mats & Wedges to Tumble on

Plus a

Great Time to Meet New Friends!

### Indoor Playground (Open Gym) Information

**Wednesday 9:00-11:00**

Walking-6yr with Parent

Wednesday. Special

\$8.00 per child

**Dates**

**September 27**

**October 4 11 18 25**

**November 1 8 15 29**

**(No November 22)**

**Saturday 12:00-1:00**

Walking-6yrs with Parent

Active students \$6.00

General Public \$9.00

**Dates**

**September 16 23 30**

**October 7 14 21 28**

**November 4 11**

**No November 18 25**

### Boys & Girls 6 years & up

CSA Janesville Campus active students \$6.00

General Public \$9.00

### Open Gym

Fall Friday 8:15-9:15pm

**September 8 15 22 29**

**October 6 13 20 27**

**November 3 10 17**

**(No November 24)**