

Make-ups

Although it is preferable to attend your regularly scheduled class, we do allow one make-up each month. The nature of our classes makes it essential to schedule all make-ups in advance and within the month following the missed class.

Termination Policies

In order to remain enrolled in the program, tuition must be paid in accordance with the payment dates on this schedule. When withdrawing from the program it is necessary to inform us in writing two weeks prior to your withdrawal date. If the proper withdrawal procedures have not been followed tuition will be due for the entire month and registration fees will not remain current upon withdrawal.

Returned Check Fee

A \$25.00 check fee will apply to all returned checks.

GUARANTEE

We at Spirals Gymnastics, Inc. feel we offer the very finest Preschool, Tumbling, Ninja, Cheer and Gymnastics programs in our area. However, we know that we may not always offer exactly what every child needs at all stages of their development. That is why we are willing to offer a 100% tuition guarantee.

If after your child's first month of classes you feel that Spirals does not offer the finest programs of its kind, just contact our office for a full refund of your tuition.

Your comments and suggestions would, of course, be appreciated.

Tuition and Enrollment Information

Month	Dates	Auto Pay Charge Date	Holidays Observed
June	6/2 - 6/27	5/30	
July	6/30 - 8/1	6/27	7/4
August	8/4 - 8/29	8/1	
September	9/1 - 9/26	8/29	9/1
October	9/29 - 10/24	9/26	
November	10/27 - 11/21	10/24	
December	11/24 - 12/19	11/28	11/27 & 28 12/24 & 25
January	1/5 - 1/30	1/3	12/31 & 1/1
February	2/2 - 2/27	1/30	
March	3/2 - 3/27	2/27	
April	3/30 - 4/24	3/27	
May	4/27 - 5/22	4/24	5/25

Monthly Tuition for Rec Classes	1 st Child	2 nd Child	Auto Pay Discount
Each 50-minute class	\$100	\$94	\$6 off your monthly total

Yearly Membership Fee (non-refundable)

Each Athlete pays their yearly membership fee upfront. This covers their membership for the next consecutive 12 months.	\$50
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Class Schedule 2025/2026

**1083 Bowman
Springs Rd
Kennedale, TX 76060**

817-516-2100

Spiralsgym.com

10/02/25

2025/2026 Class Schedule						
Age	Mon	Tue	Wed	Thu	Fri	Sat
Preschool Gymnastics - Boys and Girls						
Baby Bees Parent/Tot ages 2 & 3			5:15	11:00 5:15		
Busy Bees Age 4 or Coach Promoted	5:15 6:15	5:15 6:15	6:15	12:00 6:15		
Gymnastics Classes – Girls only (ages 5 & up)						
G1	5:15 6:15	5:15 6:15	5:15 6:15	5:15 6:15		
G2	6:15 7:15	5:15 6:15	5:15	5:15		
G3	5:15 7:15	6:15		7:15		
G4		7:15	7:15	6:15 7:15		
G5		7:15				
Tumbling Classes – Boys and Girls						
Tumbling 1			5:15			
Tumbling 2		6:15	7:15			
Tumbling 3	7:15			7:15		
Go Ninja! Classes – Boys and Girls						
White Band (Ages 4-6)	6:15		6:15	1:00 5:15		
White Band 7+		6:15	6:15			
Blue Band		5:15		6:15		
Red Band				7:15		
Cheerleading Classes – Boys and Girls						
Ages 4 & up				6:15 (8 yrs+)		
Competitive Cheer						
Ages 4 & up	In Mansfield	In Mansfield			6:00	
Pre-Team – By Invitation Only						
Ages 5 & up			5:00 6:15			
Competitive Team – By invitation Only						
Mansfield Location Only						

Class Descriptions		
Preschool Classes – Boys & Girls ages 2 - 4 Classes are age based and an introduction into gymnastics. Our themed lessons plan teach new skills from all 4 Olympic events.		
<u>Baby Bees</u> Parent/Tot class ages 2 & 3 Parents participate and assist their Bee during class	<u>Busy Bees</u> Age 4 or Coach Promoted Bees learn without parent assistance	<u>Super Bees</u> Invite Only Accelerated learning for our advanced bees
<u>Girls Gymnastic Classes – Girls ages 5+</u> Covers all 4 Olympic Events (Floor, Vault, Bars, & Beam) as well as strength/conditioning exercises. Lesson plans are skill based with evaluations every 10 weeks.		
<u>G-1</u> Non-vertical cartwheel, bridge, vault approach onto spring board, mountain pullover, forward walk/med beam	<u>G-2</u> Vertical cartwheel, backbend, vault approach board/straight jump w/landing, pullover w/ spot, releve walk/med beam	
<u>G-3</u> Running cartwheel w/ hurdle, bridge kick-over, handstand flat back/1 8" mat, pullover/no spot, pivot turn/med beam	<u>G-4</u> Round-off rebound, backbend kick-over, handstand flat back/2 8" mats, back hip circle, L kick/low beam	
<u>Ninja – Boys and Girls ages 4+</u> Ninja classes work on the following areas: floor and jumps, vaulting skills, wall skills, trampoline, bars, obstacle courses, and conditioning. Mastering the four skill levels (white, blue, red, and black bands) will make your kid a super NINJA!! All Ninja's begin as a White Band		
<u>Recreational Cheer Classes – Boys & Girls ages 5+</u> Learn the basics of motions, jumps, voice projection, tumbling, and stunting while being introduced to cheers, chants, and performing.		
<u>Tumbling Classes - Boys and Girls ages 5+</u> Work on tumbling skills using the Floor and Tumble Track. Lesson plans are based on skill level and are designed to help students progress from basic to advanced skills. Classes are taught in station format emphasizing technique and form.		
<u>Tumbling 1 Skills</u> Forward roll, back roll, cartwheel, handstand, & bridge	<u>Tumbling 2 Skills</u> Handstand forward roll, back extension roll, round-off rebound, backbend kick-over, & front limber	<u>Tumbling 3 Skills</u> Front walk-over, back walk-over, back handsprings, back tucks, & front tucks
<u>Girls Pre-Team</u> Class is by invite only and 1.5 hours. Lesson plans are designed to prepare each gymnast to try out for Team/Pre-Team in May.		
<u>Girls Competitive Gymnastics Teams</u> Spirals state-winning championship teams are by invitation only. Team Competes XCEL in the Texas Amateur Athletic Federation program. Practice varies from 3 hours per week to 8 hours per week based on the level of the team. Tryouts for team are held in May.		
<u>Competitive Cheer</u> Spirals offers Competitive & Showcase Teams for boys & girls ages 4 – 17. Practices are held Monday, Tuesday & Friday.. Tuition ranges from \$130 - \$175. Tryouts are in May.		
All Classes are 50 minutes in length except Competitive/Showcase Cheer, Pre-Team, & Team		

Our classes are offered one day per week. Due to the difficult nature of gymnastics, we recommend taking 2 classes per week.