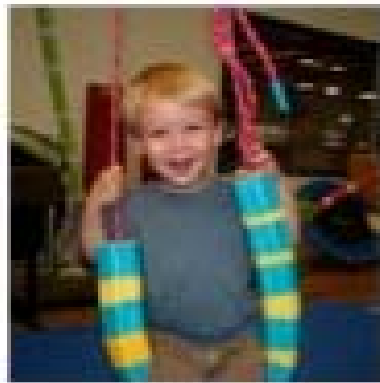


Champions Academy Waya

Gymnastics - Yoga - Tumbling - Cheer

2010 - 2011



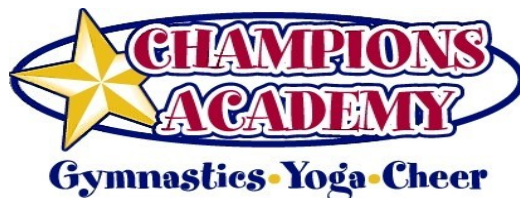
www.ChampionsAcademyAustin.com

628-1788

Guys and Girls - 18 months to 18 years - Classes - Camps
Open Gyms - Parents Night Out - Birthday Parties

CHAMPIONS CLASSES		Champions Class Descriptions
45 min pre-school	Champion Waddlers I Walking-2.5y 45 min	Help your child's coordination & self-esteem emerge during this special time of discovery for parent & child. With our curriculum, children develop gross motor function, spatial awareness & hand-eye coordination in a fun, positive atmosphere.
	Champion Waddlers II 2.5-3.5y 45 min	All the fun of Waddlers I with more structure for older tots. Children learn to stay with a group, listen to their coaches, and advance their gymnastics skills. This class prepares them for Tumblin' Tikes where they participate all by their big kid self. Need to be able to stay with group. Friday & Saturday are designed as a multi-level class for Waddlers with older siblings.
	Tumblin' Tikes 3-5y 45 min	In their first big-kid class, kids learn to use "listening ears" and follow a structured lesson plan w/out parent. Tikes learn forward/backwards rolls, handstands, cartwheels, and round-offs. Coaches combine basic tumbling and equipment skills with parachute games and creative warm ups. What a great introduction to the world of full body coordination sports!
	Tumblin' Yogis 3-5y 45 min	The imagination runs wild with our story-time yoga! Playful yoga poses, animated breathing exercises and creative relaxation techniques. The first part of class focuses on yoga, then gymnastics includes bars, beam, tumbling, air-track, & tramp.
	Champs Class all ages 45 min	We offer a class for any child, any age, with special needs, whether it's learning or language, we will provide a safe and positive atmosphere to learn more about gymnastics and yourself! 2 classes offered for 2 age groups. Starts Oct 1st
1 hr after-school	Yoganastics K-5 th 1 hour	Uniquely Champions! Students discover the relaxation practice of yoga, while channeling their new-found focus, balance, & flexibility into amazing gymnastics feats. Truly the best of both worlds, Yoganastics creates strong, flexible gymnasts.
	Champion Child Tumbling K-5 th 1 hour	The perfect class for the beginner to intermediate gymnast. From the air-track to the uneven bars — your Champion will master the basics and learn new, exciting skills broken down for age-appropriate learning. This class uses All the equipment!
	CCA Cheer Class K-5 th 1 hour	Champion Cheer Academy! A great class for elementary school girls who want to learn what cheerleading is all about! Our cheerleaders learn motions, cheer technique, jumps, dance, stunts, air-track, tumble tramp and spring floor tumbling. No previous experience needed.
	Boys Tumbling Class K-5 th 1 hour	It's a macho all-guys group! Increase strength, flexibility and skill level! The workouts include learning new skills on the bars, pommels, vault and mini-tramp, as well as tumbling on our air track, tumble tramp and floor!
Flexible Punch Card Classes & Saturday Open Gym		
5 th -12 th grade	Power Tumbling PUNCH CARD 6 th -12 th grade	Quickly take skills to the next level! This fast-paced workout is perfect for the older cheerleaders & gymnast wanting to really focus on developing strong tumbling skills. These cards expire on May 14, 2011.
	Tryout Prep PUNCH CARD 6 th -12 th grade	Increase those odds! These workouts focus on tumbling, jumps, stunts, cheer technique, dance & strength conditioning in an upbeat workout. These cards expire on May 14, 2011.
	Open Gym 10:30-11:30	Free time in the gym! Open gym is exactly what you want. Spotting is limited. 1x or 5x pass available. 5x passes will expire May 14, 2011. All students MUST be checked in AND out by parent upstairs with coach. Children under 6yr must have a parent present during open gym.
TEAMS / SQUADS		Teams & Squads have optional performances throughout the year. A "Save Date" flyer will be provided. ** Each team has an additional team / squad fee in addition to tuition. **
by Invitation k - 6 th	MIB's K - 2nd TEAM BackInBlack 2nd - 5th TEAM	It's the macho all guys team! For the intermediate gymnast, ready to work flip-flops and back flips. Increase strength, flexibility and skill coordination! The workouts include learning new skills on the bars, vault, mini-tramp, as well as tumbling on our air track, tumble tramp and floor! 2 team classes for 2 age groups! (See box grid.)
	Hot Shots TEAM K - 2 nd	See what Champions Teams are all about! A great introduction to our team program. Hot Shots is for K - 2 nd graders that are ready to show off some of the skills they have been learning in our Child classes.
	Prep TEAM 1st - 3rd	Keeping a challenging pace for the intermediate gymnast, this team is perfect for those who have improved their skill level and are ready to commit to a new level. All the wonderful extras of belonging to a team!
	Performance TEAM 3 rd - 5 th	This group works at an accelerated rate 2x a week. All the extras that make being a part of a team so enriching — team spirit, self-esteem, community outreach...a great experience to remember!
	Tumble TEAM 4 th - 6 th	Champions older 2x a week team has workouts for the advanced gymnast on all the equipment, concentrating on tumbling on the tumble track, mini-tramp and spring floor. Fast-paced & exciting workouts.
	X-treme TEAM 6 th - up	Cool - Middle School! For our oldest gymnasts who want to continue advancing on a team...working with tumble track, air-track, and mini-tramp...building more flexibility, strength, and team bonding. Exercise while having fun!
	CCA Blue Cheer Sqd K- 3 rd CCA Black Cheer Sqd 3 rd - 6 th	CHEERLEADING CHAMPION STYLE! Our Squads are built around squad unity and enthusiasm while enhancing each individual's performance and leadership skills. These cheerleader athletes will take tumbling, jumps, stunts, dance, and cheer to the next level while performing for and supporting the community! A Blue & Black Squad for different age groups.
Parent Night Outs & Birthday Parties		
Parent Night Out	Parents take a Night Out while the Kids get a FUN night IN at Champions! Activity stations include gymnastics, games, parachute, arts & crafts, and end with a G/PG movie. Light cheese pizza served. No refunds but transfers available. PLEASE see PNO flyer for important information.	
Birthday Parties	Have your Champion's birthday bash AT Champions! Upstairs will be just your group having fun with gymnastics, trampoline, bars/beam, air-track and games! One to seven ratio. Please see Bday flyer for more information.	

August 30 – May 14
2010 – 2011



1314 Exposition Ave. Austin, TX 78703
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office@ChampionsAcademyAustin.com
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sund
9:30 - 10:15 Waddlers I (walking - 2.5)	9:15 - 10:00 Waddlers I (walking - 2.5)	9:15 - 10:00 Waddlers I (walking - 2.5)	9:30 - 10:15 Waddlers I (walking - 2.5)	9:15 - 10:00 Waddlers I (walking - 2.5)	9:00 - 9:45 Waddlers I & II (walking - 3.5)	
10:15 - 11:00 Waddlers II (2.5 - 3.5)	10:00 - 10:45 Waddlers II (2.5 - 3.5)	10:00 - 10:45 Waddlers II (2.5 - 3.5)	10:15 - 11:00 Waddlers II (2.5 - 3.5)	10:15 - 11:00 Waddlers II (2.5 - 3.5) Tumblin' Tikes (preschool)	9:45 - 10:30 Tumblin' Tikes (presch) Champ Child Tumb (K-5 th)	
1:00 - 1:45 Tumblin' Tikes (preschool)	12:45 - 1:30 Tumblin' Tikes (preschool)	12:45 - 1:30 Tumblin' Tikes (preschool)	1:00 - 1:45 Tumblin' Tikes (preschool)	11:00to11:45 WA Academy Pre-K class	10:30 - 11:30 Champions Open Gym (all ages)	
1:45-2:15 <i>Coaches Meeting</i>	1:30-2:15 Tumblin' Tikes (preschool)	1:30-2:15 Tumblin' Tikes (preschool)	1:45 - 2:30 <i>Coaches Meeting</i>	12:00-2:00 <i>Staff Meeting UT Elementary</i>		
2:15-3:00 Tumblin' Tikes (presch) Champion Child Tumbling (K-5 th)	2:15-3:00 Tumblin'Tikes (presch) Champion Child Tumbling (K-5 th)	2:15-3:00 Tumblin' Yogi's (presch)	2:15-3:00 Tumblin' Tikes (presch) Champion Child Tumbling (K-5 th)	<i>Coaches Meeting</i>	Special Events Birthday Parties 12:00-1:30	private lessons
3:15-4:15 Champion Child Tumbling (K-5 th)	3:15-4:15 Champion Child Tumbling (K-5 th)	3:15-4:15 Yoganastics (K-5 th)	3:30-4:30 Champion Child Tumbling (K-5 th)	3:30-4:30 Boys Tumbling Champion Child Tumbling (K-5 th)	Special Events Birthday Parties 2:00-3:30	private lessons
4:15-5:30 Hot Shots Team (K-2 nd)	4:15-5:30 Prep Team (1st-3rd)	4:15 - 5:15 CCA Cheer Class Champion Child/Tumbling (K-5 th)	4:30-5:15 Hot Shots/Prep Team CCA / MIB's (optional 2nd day)	4:45-5:30 Champs Class (school age) special needs...language, learning, or physical	Special Events Birthday Parties 4:00-5:30	Tryout prep clinic
5:30-6:30 MIB's Boys Team (K-2 nd) 6:15-7:15 Back in Black Boys Team Adv Team (2 nd -5 th)	5:30-6:45 Performance Team (3 rd - 5 th) Day 1	5:15-6:15 CCA <u>Blue</u> Squad (K-3 rd) 5:45-7:00 CCA <u>Black</u> Squad (3 rd -6 th)	5:15-6:30 Performance Team (3 rd - 5 th) Day 2	Special Events Parents Night Out	Special Events Birthday Parties When Available	Tryout prep clinic
7:15-8:15 PUNCH CARD Power Tumbling (5 th -12 th) CCA <u>Black</u> Sqd Tumbling	6:30-8:00 Tumble Team Day 1 (4 th - 6 th)	7:00-8:00 Team Extreme (6 th and up) PUNCH CARD Power Tumbling (5 th -12 th)	6:30-8:00 Tumble Team Day 2 (4 th - 6 th)	Special Events Parents Night Out	Special Events Parents Night Out	
8:00-9:00 PUNCH CARD Power Tumbling Tryout Prep (6-12 th)	8:00-9:00 PUNCH CARD Power Tumbling Tryout Prep (6-12 th)	8:00-9:00 PUNCH CARD Power Tumbling Tryout Prep (6-12 th)	8:00-9:00 PUNCH CARD Power Tumbling Tryout Prep (6-12 th)	Special Events Parents Night Out	Special Events Parents Night Out	

Activities in grey are by invitation/approval only. A staff member would be happy to assess a student's appropriate level at any time.



CLASSES: A \$20 non-refundable class/activity fee will hold your spot for the 2010-11 school year and covers registration, insurance, Champions t-shirt, and end-of-year award ceremony. Classes are 45 min. or 1 hr. in length and meet once per week.

TUITION is charged in 5 installments during the school year.

Installments will be charged Aug 1 (or time of registration) /Oct 1/Dec 1/Feb 1/Apr 1. First installment may be pro-rated according to start date. For students who enroll in a **second** class, there is a 20% discount on that tuition. A late fee is added to delinquent payments. Out of courtesy and time to contact wait-listers, we ask for 14 days advance WRITTEN notice if you wish to withdraw from a class. Transfers permitted if class is not waitlisted.

Punch Card classes and Open Gym passes are paid by a **one-time** fee per number of classes specified below (also subject to the one-time \$20 Class/Activity Fee.) Punch Cards and Open Gym passes expire at the end of the school year on May 14, 2011.

NOTE: You only pay non-refundable CLASS/ACTIVITY FEE once per year, per child no matter how many activities you participate in.

Type of Class		WAYA Member Installments	Non-WAYA Member Installments	Annual Class Fee
45 min	1 x per week	\$110	\$120	\$20
1 hr	1 x per week	\$125	\$135	\$20
Type of Class		WAYA Member Cost	Non-WAYA Member Cost	Annual Class Fee
Punch Card Classes 1 hr	10 x total	\$175	\$190	\$20
Saturday Open Gym 1 hr	5 x pass	\$40	\$45	\$20
Saturday Open Gym 1 hr	1 x pass	\$10	\$12	\$20

TEAMS / SQUADS: Full-year commitment. Non-refundable **TEAM/ACTIVITY Fee** due to guarantee spot on team. More details on flyer.

TEAM	Length per Week	WAYA Member Installments	Non-WAYA Member Installments	Annual Team Fee
Optional 2nd Day on THU for Hot Shots, Prep Team, CCA, MIB's	45 min	\$50 (in addition to regular installment)	\$50 (in addition to regular installment)	N/A
MIB's Teams 1 x per week	1 hr	\$130	\$140	\$60
Hot Shots Team 1 x per week	1.25 hr	\$150	\$165	\$155
Prep Team 1 x per week	1.25 hr	\$150	\$165	\$155
Performance Team 2 x per week	2.5 hr	\$205	\$222	\$185
Tumble Team 2 x per week	3 hr	\$225	\$235	\$185
Team Xtreme Team	1 hr + PunchCd	\$160	\$175	\$155
<u>Champion Cheer Academy</u> Squads	1 hr Blue 2.25 hr Black	\$130 Blue \$160 Black	\$140 Blue \$170 Black	\$155

Champions Academy at WAYA Policy and Procedure

Location: Champions Academy is located in the West Austin Youth Association at the SW corner of Enfield (15th) & Exposition.

Parent Watch Policy: Parents are welcome to watch their child anytime, however, for safety reasons, siblings who aren't enrolled should **remain off** the mats & equipment. Downstairs gyms and playground are available for active toddlers.

We offer official parent watch days throughout the school year, with an end-of-year award ceremony the last week of gym.

Class Attire: Champions girls should wear leotards and boys should wear T-shirts & elastic band shorts. We sell these items in our Champions Corner Store upstairs. For safety, please have hair pulled up out of face. Also, NO gum or jewelry.

Payments: All class/activity/store payments go through the CHAMPIONS ACADEMY UPSTAIRS OFFICE (NO AMEX) payable to Champions. We offer a 20% discount to the **same** student enrolled in more than one class.

Make-ups: Make-Up forms **MUST** be filled out at the Champions Office window. Please check to see the class isn't full and has room.

Class Transfers: Let us help you find the PERFECT replacement spot for your Champion! Change request forms **MUST** be filled out at the Champions Office window or call 628-1788. Some classes fill up so please ask before leaving change request.

Dropping: Out of courtesy and time to contact wait-listers, 14 days WRITTEN notice is required. We'd be happy to talk about other possible classes that may work better for you, your schedule, and your child. In the event we processed a recent payment, we are happy to pro-rate the balance to use as a **credit** for future activities. Credits expire May 14th, 2011.

Holidays: Labor Day (Sept 6th), Thanksgiving (Nov 23rd-27th), Winter Break (Dec 13th-Jan 8th), Spring Break (Mar 14th-19th).