SOMERSAULTS
GYMNASTICS CENTER

325 Waconia Ct SW, Ste. B
Cedar Rapids, IA 52404
www.somersaultsgym.com
319-366-7040

Registration Dates & Times

Summer Students *may sign up for classes beginning July 20*

2026-2027 School Year Class Schedule

36 Week Session. ***All students enrolling will be entered for the entire school year unless we receive written notice by the 15th of the month to discontinue for the next month.***

Fall Semester: August 24—December 19 (16 Weeks)
(Thanksgiving Break Nov. 23—28)

Spring Semester: January 4— May 29 (20 Weeks)
(Spring Break March 15—20)

There are no recreational classes held during Thanksgiving Break and Spring Break, and no tuition is charged. Our regular classes will have a 2 week Christmas Break.

OUR TEACHING PHILOSOPHY:

WE BELIEVE CHILDREN LEARN BY DOING. SOME LEARN BY WATCHING OTHERS, BUT WHEN WE ADD PHYSICAL MOVEMENT, THEY CAN LEARN FASTER. THUS, OUR APPROACH OF HAVING STUDENTS WORK BOTH INDEPENDENTLY AND WITH INSTRUCTION WITHOUT WAITING FOR OTHERS OFFERS QUICKER SKILL ACQUISITION AND EFFICIENT LEARNING.

REGISTRATION REQUIREMENTS:

A $27 school year registration fee is required of all students. ($9 registration fee for summer is separate.) **Registration fee is nonrefundable.**

ALL STUDENTS must have a completed waiver form including behavior and photo policies.

PROPER ATTIRE, GYM RULES, PAYMENT POLICIES…

- **ALL STUDENTS MUST BE ILLNESS and FEVER FREE FOR 24 HOURS TO ATTEND CLASS.**
- All students must wear proper attire to class: **Girls 3 and older—must wear** leotard (no tights), long hair up, and no jewelry. **Boys:** Shorts/sweatpants and a t-shirt tucked in. All students are best barefoot, however socks are acceptable.
- No food, gum, shoes or non-participants allowed in the gym areas.
- Parents and spectators who wish to stay for classes are asked to remain in the lobby area. No non-students in any gym areas without prior authorization. Parents of 3-5 year olds recommended to stay.
- Somersaults does not have staff available to watch your children before or after class, so no early drop offs or late pick-ups.
- Parents should **COME INSIDE** to pick up their children. Students may not wait outside.
- In the event the class size does not warrant the class to open, we reserve the right to cancel a class or combine with a similar class type.
- We do our best to stay open during all kinds of weather, but in the event of inclement weather closings will be posted on our Facebook page and on KCRG. Affected families will also receive an email announcing the closure. Weather-related closings will not be refunded. Classes may be made up during regularly scheduled class times, where space is available.
- **Tuition is due on the 25th of the month. Drop notice is required before the 15th of the prior month. Drops after the 15th of the month will be responsible for all fees associated with the upcoming month. Any late payments are assessed a $25 late fee.**

SPECIAL PROGRAMS:

Private Lessons: Call 319-366-7040 or stop by the office to schedule a private lesson. **$70/hour**.
Tots Open Gym: Wednesday 10:30—11:30 am sign up ahead or drop in $12
Open Gym ages 5 and up: Saturdays 12:30—2:30 $25
Drop-In Classes: Somersaults offers drop-in classes for Tots, Hoppers, and Beginner classes. Bring a friend! Please call ahead to reserve your spot. Participants must be in age-appropriate class. All participants must have a current waiver on file. Drop-ins are date specific.

2026-2027 School Year Classes

TUMBLE TOTZ: Walkers – 3 yrs. This "Mommy (or Daddy) and Me" class is a great way to assist your child with general motor development. We utilize music for movement education, and each child will be able to use everything from the trampoline to the balance beam to the rings and bars in EVERY class. We use fun themes to help them remember skills and stations, and the best part is that it is great bonding time for you and your child. This is a great option for those 3-year olds with a bit of separation anxiety. **30-minute class, $66.75 per month.** ***$21 Drop-In Rate***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:00	9:00—9:30	6:00-6:30	6:00—6:30	9:45--10:15	9:00—10:30
	6:00—6:30				9:30—10:00

HOPPERS: (must be 3 by start date) 3 – 5 yrs. Students will gain school readiness while they learn motor skills, gymnastics skills, body positions, basic gymnastics, and sequential learning. We use weekly themes to create amazing lesson plans. The kids will remember their skills while reflecting on the themes. Class is held in the Launch Pad.

45-minute class, $91.50 per month. ***$29.25 Drop-In Rate***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30—5:15	9:00—9:45	4:30—5:15	4:30—5:15	10:15—11:00	9:00—9:45
5:15—6:00	9:45—10:30	5:15—6:00	5:15—6:00		9:45—10:30
6:00—6:45	4:30—5:15	6::30—7:15	6:30—7:15		
	5:15—6:00				
	6:30—7:15				

BEGINNER GYMNASTICS (Pre-Level 1): Boys and Girls, 5yrs. and up. 8 students per class. This group will work on skill progressions required for USA Gymnastics Level 1. **1 hour class, $102 per month.** ***$31.50 Drop-In Class.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30—5:30	4:30—5:30	4:30—5:30	4:30—5:30	10:30—11:30
5:30—6:30	5:30—6:30	5:30—6:30	5:30—6:30	11:30—12:30
6:30—7:30	6:30—7:30	6:30—7:30	6:30—7:30	
	7:30—8:30		7:30—8:30	

INTERMEDIATE GYMNASTICS (Level 1): Boys and Girls. All students must have passed all requirements of Beginners classes. We recommend two classes per week for speedier advancement.

1 hour class, $102 per month. ***20% Discount for 2nd Class.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30—5:30	4:30—5:30	5:30—7:30	4:30—5:30	10:30—11:30
5:30—6:30	5:30—6:30	6:30—8:30	5:30—6:30	11:30—12:30
6:30—7:30	7:30—8:30		6:30—7:30	
			7:30—8:30	

ADVANCED (Level 2): Students must have mastered all skills in the Intermediate class. 90 minutes. This group will work to achieve skills for USA Gymnastics Level 3, Bronze or Silver competitive levels. As always, for quicker advancement we would recommend two classes per week. **90-minute class, $127.00 per month.** ***20% Discount for 2nd Class.***

TUESDAY 4:30-6:00 **WEDNESDAY 5:30-7:00**

ADVANCED PLUS: This class is designed for gymnasts who have exited our silver and up competition groups to offer a bit more challenge than the advanced level. **90 minutes. $127 per month THURSDAY 4:30—6:00**

TUMBLING: 7 & OLDER: This class will focus on tumbling using the floor apparatus & trampoline. Students challenged according to their skill level. **1 hour class, $102 per month.**

Monday 6:30—7:30