



Our nest is best!

Gymnastics is a confidence-building sport that improves strength, flexibility, agility, and coordination. It is the best activity for developing skills for all other sports! At Iowa Gym-Nest we provide the best sports instruction in a safe, positive, progressive, and caring environment.

# Kinder-Gym Program

(ages 6 months – 4 years)

Our co-ed Kinder-Gym Program will develop your child's self-confidence and enhance their physical capabilities in a safe, caring, and fun environment. This program will help prepare your child for many aspects of life including:

- ◆ Development of fine and gross motor skills, functional movement patterns, and body awareness
- ◆ Playground readiness
- ◆ Social skills
- ◆ Gymnastics skills

Our specially-designed gymnastics equipment is scaled to fit toddlers' and preschoolers' smaller hands and bodies allowing our tiniest athletes to do gymnastics "just like the big kids." Stations ensure that our students are appropriately distanced for safety and in-ground trampolines and foam pits provide a safe environment for these young jumpers.

Our Kinder-Gym Program is divided into 5 progressive skill levels: Ducklings, Baby Jays, Tiny Toucans, Lil' Flamingos, and Parakeets. All students begin as Ducklings and progress at their own rate, collecting colored feathers and trophies along the way as they master skills! Once a student has mastered all the skills at their level, they will move on to the next skill level. Though our classes are organized by age, this level-based curriculum allows for flexibility, acknowledging that children develop at different rates. This allows students to remain in their current class longer, which helps parents with their busy schedules!

## LEVEL DESCRIPTIONS:

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### ◆ Ducklings (Yellow Feather)

Ducklings is the first step in creating confidence in young children! In an organized yet playful structure, this class is the perfect way to socialize your child, allow them to learn to follow instruction, and, of course, get them moving! Our Ducklings will focus on listening skills, fundamental movement and coordination, motor skill development, body awareness, imagination, and character through gymnastics instruction! The Ducklings will be introduced to each gymnastics apparatus that is pre-school appropriate for both boys and girls!

### ◆ Baby Jays (Blue Feather)

After our Ducklings grow up, they move on to become Baby Jays, flying fast to the next stage of learning! In this level we begin to introduce more complex skills while building strength, coordination, as well as body and spatial awareness. These birds will continue to improve their motor skills while having fun!

### ◆ Tiny Toucans (Orange Feather)

Next up in the Nest, we have the vibrant Toucan! This is a big step toward flying out of the nest and quite an achievement! We are now kicking to a handstand against the wall, showing big kid skills on bars and beam, and showing strength and flexibility on all events. Tiny Toucans generally take one 45 minute class per week but can move up even faster by participating in two classes per week!

**Students who pass Tiny Toucans may be asked to join one of our invitation only classes:  
Advanced Kinder-Gym (Lil' Flamingos) or Pre-Team (Parakeets)**

## ◆ Lil' Flamingos (Pink Feather)

Standing tall and proud is the highly sought-after Flamingo! It is a huge accomplishment to reach Lil' Flamingo status! These little birdies have sprouted their wings and can now fly from the Kinder-Nest, advancing to one hour-long class, that will turn into two one-hour classes when they are ready! These Flamingos will be climbing the rope to 6' and pulling over on a bar all by themselves! Who wouldn't feel Proud in Pink as a Lil' Flamingo?!

## ◆ Parakeets (Multi-Color)

These Parakeets have worked their tail feathers off to be at the top of the flock, flaunting every color earned in each level! These birds are now soaring and have built up the confidence, strength, endurance, and awareness to be on their own! We are now headed to class two times a week for 90 minutes at a time. We cannot wait to see these Beautiful Birds grow in the Nest at IGN!

### CLASSES:

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## ◆ \* NEW CLASS! \* Baby Birds | 6 months – 1 year | 30 mins

Free, ongoing weekly class for parents/caregivers and infants 6 months to 1-year-old!

This 30 minute class creates special parent-child bonding time through sensory stimulation and physical play like rocking, rolling, tummy time, and social interaction.

- **Apparel:** Comfortable clothes to move around in. Parents: socks, no bare feet. Long hair tied up.
- **Tuition:** FREE!
- **Annual membership:** \$24 (due at time of enrollment)

### ◆ Bouncing Birds (formerly Tots) | Walking – 3 years | 30 mins

For children who love action and who like to go-go-go! Our Bouncing Birds class provides your toddler with an opportunity to interact with other toddlers, benefitting their social development. Our curriculum uses a combination of motor activities infused with fun music and play. Students who are developmentally ready will begin working on the Ducklings level skills. **\*BONUS: All Bouncing Birds students get an extra perk of attending Lunch Bunch for FREE!**

- **Apparel:** Comfortable clothes to move around in, socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$49.50/month
- **Annual membership:** \$24 (due at time of enrollment)
- **Parent/Caregiver participation required**

### ◆ Tumble Birds (formerly Pre-School) | 3-4 years | 45 mins

The Tumble Birds class will start with a fun and energizing warm-up and basic gymnastics positions. The class is designed for development of gymnastics skills including tumbling, trampoline, balance beam, rings, and bars. In addition, this class will help your child learn how to work with others, develop and improve reading readiness, and improve their motor skills in a fun, safe environment with our certified teachers. Kids will progress through the Ducklings, Baby Jays, and Tiny Toucans while in Tumble Birds.

- **Levels covered:** Ducklings, Baby Jays, Tiny Toucans
- **Apparel:** Leotard is preferred for girls. Athletic shorts & tucked in shirt for boys. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$69/month
- **Annual membership:** \$24 (due at time of enrollment)

### ◆ Advanced Kinder-Gym | 3-4 years | Invitation Only | 1 hour

This co-ed class is for students who demonstrate exceptional skill comprehension, strength, flexibility, and listening skills. Students who pass through Ducklings, Baby Jays, and Tiny Toucans may be invited to join this class as well. This is an accelerated learning track and students will spend most of their class time in the “big gym” working on more advanced skills. 3 year-olds may take 1 or 2 classes per week, 4 year-olds take 2 classes per week.

- **Levels covered:** Lil’ Flamingos
- **Apparel:** Leotard is preferred for girls. Athletic shorts & tucked in shirt for boys. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at time of enrollment)

### ◆ Pre-Team Girls, 5-6 years | Invitation Only | 3 hours

Girls who complete all the Lil’ Flamingo skills may be invited to join our Pre-Team class which meets twice per week for 90 minutes each. This class prepares the kids to enter into our competitive Team program. Students are challenged with more difficult skills, strength, and flexibility training. The curriculum for this class is set up for one-year. Most students start in this group in June and stay in it through the following May. At the successful completion of this class, the students are ready to move to our Prep Team! 2 classes/week are required.

- **Levels covered:** Parakeets
- **Apparel:** Leotard and bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$214.50/month
- **Annual membership:** \$24 (due at time of enrollment)

# Girls School-Age Gymnastics Program

(ages 5 – 18)

Our School-Age students (ages 5-18) are placed into classes based on skill and gender identity. IGN's curriculum is taught on a continuum, allowing students to move at their own pace, advancing on the events when they are ready. Monthly Star evaluations are low-stress and allow the teachers to track the athletes' progress, and the students are awarded a feather when they master the skills for each event! When students earn all the feathers for a level they are awarded a trophy and move up to the next level. If a student has gymnastics experience prior to attending IGN, let us know and we would be delighted to discuss the most appropriate placement for your child!

Our Girls School-Age Program is divided into 5 progressive levels: Duckies, Blue Jays, Toucans, Flamingos, and Parrots. All students begin in Duckies and progress through the levels. Our curriculum allows our students to move through the classes/levels at their own speed. Multiple levels may be covered in a class, which helps reduce the number of class changes that parents need to make to their busy schedules!

## LEVEL DESCRIPTIONS:

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### ◆ Duckies (Yellow Feather)

All girls ages 5 & older will start their IGN gymnastics journey as Duckies. In this level the girls will be introduced to basic skills on tumbling, bars, beam, vault, and trampoline. These duckies will have fun mastering the basics before quacking their way to becoming Blue Jays!

### ◆ Blue Jays (Blue Feather)

Just like wild Blue Jays, our gymnasts in this level are lively and energetic! These Jays learn and perfect more gymnastics skills such as cartwheels and handstands. Watch these Blue Jays begin to flex their baby wings as they gain strength, flexibility, and confidence.

### ◆ Toucans (Orange Feather)

Next up in the Nest, we have the Vibrant Toucan! Hard work pays off, as these Toucans have now flown into Intermediate Girls class where they will be learning more advanced skills like back bends on floor and handstands on the low beam. Toucans generally take one 60-minute class per week but can progress even faster by participating in two classes per week.

### ◆ Flamingos (Pink Feather)

Standing tall and proud is the highly sought-after Flamingo! It is a huge accomplishment to reach Flamingo status! These little birdies' wings have fully sprouted and they can now fly into the 2-hour Accelerated Girls class! Skills will include handstand walks, cartwheels on the beam, and big swings on the high bar. Who wouldn't feel Proud in Pink as a Flamingo?!

### ◆ Parrots (Multi-Color)

These Parrots have worked their tail feathers off to be at the top of the flock, flaunting every feather color earned in each level! These birds have now built up the confidence, strength, and endurance to soar above and beyond to Advanced Skills, now practicing twice per week for two hours. Watch these Parrots fly toward their full potential!



## CLASSES:

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### ◆ Beginner Girls | 5-7 years | 1 hour

Our Beginner Girls gymnastics classes offer a positive, fun environment where students are instructed on all the Olympic events: vault, bars, balance beam, tumbling and trampoline. Students will develop their skills, kinesthetic awareness, strength, flexibility, and self-esteem with our USA Gymnastics certified instructors. Classes consist of a warm-up, tumbling, and two events. Students begin as Duckies and become Blue Jays before moving to the Intermediate Girls class. Students may choose to take an additional Beginner Girls class or a Tumbling and Trampoline class to accelerate learning.

- **Levels covered:** Duckies, Blue Jays
- **Apparel:** Leotard is preferred, leggings or athletic shorts can be worn over the leotard; bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at the time of enrollment)

### ◆ Intermediate Girls | 8\*-18 years | 1 hour

\* This class will also include any students 5-7 years old who have passed both Duckies and Blue Jays.

In the Intermediate class, our curriculum includes perfecting basic skills, learning more advanced skills, and combining multiple skills together. Our USA Gymnastics certified instructors will guide the students through a fast-paced class that is fun, yet challenging in a positive, active environment. We encourage students to take 2 classes each week or to add a Tumbling & Trampoline class to help accelerate learning.

- **Levels Covered:** Toucans
- **Apparel:** Leotard is preferred, leggings or athletic shorts can be worn over the leotard; bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at the time of enrollment)

## ◆ Accelerated Girls | 8\*-18 years | 2 hours

\* This class will also include any students 5-7 years old who have passed Duckies, Blue Jays, and Toucans.

This weekly two hour class focuses on continued skill development on the Olympic events while introducing more advanced skills such as back handsprings, tap swings, and vaulting over the table. Girls in this class will continue improving their strength and flexibility and will work on long-term goal setting. Students must master Flamingos to move on to the Advanced class. We encourage students to add a Tumbling & Trampoline class or an additional Accelerated class.

- **Levels covered:** Flamingos
- **Apparel:** Leotard is preferred, leggings or athletic shorts can be worn over the leotard; bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$156.50/month
- **Annual membership:** \$24 (due at the time of enrollment)

## ◆ Advanced Girls | 8\*-18 years | 4 hours

\* This class will also include any students 5-7 years old who are who have passed Duckies, Blue Jays, Toucans, and Flamingos.

Advanced Girls is the highest level for recreational students, what an achievement! Students will now take two weekly classes, each lasting two hours. This is an open ended class – the sky is the limit! Our USA Gymnastics certified instructors will provide a challenging class for students who are pursuing recreational gymnastics for the love of the sport, or to improve their strength, flexibility, balance, agility, and kinesthetic awareness for other sports.

- **Levels covered:** Parrots
- **Apparel:** Leotard is preferred, leggings or athletic shorts can be worn over the leotard; bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$237.25/month
- **Annual membership:** \$24 (due at the time of enrollment)

# Boys School-Age Gymnastics Program

(ages 5 – 18)

Our School-Age students (ages 5-18) are placed into classes based on skill and gender. IGN's curriculum is taught on a continuum, allowing students to move at their own pace, advancing on the events when they are ready. Monthly Star evaluations are low-stress and allow the teachers to track the athletes' progress and the students are awarded a feather when they master the skills for each event! When students earn all the feathers for a level they are awarded a trophy and move up to the next level. If a student has gymnastics experience prior to attending IGN, let us know and we would be delighted to discuss the most appropriate placement for your child!

Our Boys School-Age Program is divided into 4 progressive levels: Ravens, Falcons, and Eagles. All students begin in Ravens and progress through the levels. Our curriculum allows our students to move through the classes/levels at their own speed. Multiple levels may be covered in a class, which helps reduce the number of class changes that parents need to make to their busy schedules!

## LEVEL DESCRIPTIONS:

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### ◆ Ravens (Black Feather)

All boys ages 5 & older will start their IGN gymnastics journey as Ravens. In this level the boys will be introduced to basic skills on tumbling, parallel bars, rings, single bar, vault, and trampoline. These Ravens will have fun mastering the basics before flying off to become Falcons! Ravens generally take one 60-minute class each week but can move along even faster by participating in two classes each week.

### ◆ Falcons (Yellow Feather)

Next up in the Nest, we have the Fierce Falcon! Hard work pays off and it is a huge accomplishment to reach Falcon status! These birds have sprouted their wings, flying into the two-hour Intermediate Boys Class where they will become even more confident in their gymnastics abilities. The longer class allows more time to spend on increasingly difficult skills on each of the men's six Olympic apparatus!

### ◆ Eagles (Multi-color)

Eagles are strong and proud! All of the hard work it takes to achieve Eagle status is worth it! As these Eagles flaunt all the colors they've earned, they now have class two times a week for two-hours each class. The Eagles will soar high – there is no limit to what they can learn in this level! Eagles can choose to stay in this recreation class or choose to join our competitive Team program. Either way, they will be gaining life skills such as discipline, goal setting, teamwork, and physical skills such as strength, flexibility, and endurance, just to name a few. The sky is the limit at Iowa Gym-Nest!

## CLASSES:

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### ◆ Beginner Boys | 5-7 years | 1 hour

Our Beginner Boys gymnastics classes offer a positive, fun environment where students are instructed on basic gymnastics events: vault, single bar, rings, parallel bars, tumbling and trampoline. Students will develop their skills, kinesthetic awareness, strength, flexibility, and self-esteem with our USA Gymnastics certified instructors. Classes consist of a warm-up, tumbling, and two events. Students begin as Owls and become Ravens before moving to the Intermediate Boys class. Most students take one class each week, but will move along even faster by taking an additional Beginner Boys class or a Tumbling & Trampoline class.

- **Levels covered:** Ravens
- **Apparel:** Athletic shirts and athletic shorts/pants; bare feet. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at the time of enrollment)

### ◆ Intermediate Boys | 8\* years and up | 2 hours

\* This class will also include any students 5-7 who have passed Ravens.

The Intermediate class curriculum includes perfecting basic skills, learning more advanced skills, and combining multiple skills together. Our USA Gymnastics certified instructors will guide the students through a fast-paced class that is fun, yet challenging in a positive, active environment. Students must master Falcons before moving to the invite-only Pre-Team class. We encourage students to add a Tumbling & Trampoline class to help accelerate learning.

- **Levels Covered:** Falcons
- **Apparel:** Athletic shirts and athletic shorts/pants; bare feet. Long hair tied up.
- **Tuition:** \$156.50/month
- **Annual membership:** \$24 (due at the time of enrollment)

## ◆ Pre-Team Boys (formerly TAG Boys) | Invitation Only | 4 hours

Our Pre-Team Boys gymnastics class is an invite-only class for boys who have passed through Ravens and Falcons and are looking to join our competitive team! This class meets at the same time as Intermediate Boys (twice per week now), but with a modified curriculum that prepares the boys for our team program. Students will continue development on all six Olympic events and begin to learn more difficult skills and combinations in preparation for routines.

- **Levels covered:** Eagles
- **Apparel:** Athletic shirts and athletic shorts/pants; bare feet. Long hair tied up.
- **Tuition:** \$237.25/month
- **Annual membership:** \$24 (due at the time of enrollment)

# Tumbling and Trampoline Program

(Co-ed, ages 5 – Adult)

IGN is proud to include a Tumbling and Trampoline program, ranging from beginner levels all the way up through our competitive team! Our USA Gymnastics certified instructors will teach your child proper tumbling technique in a safe, progression-based environment. These classes are great for gymnasts, dancers, skaters, snow boarders, and anyone who want to improve their kinesthetic awareness and tumbling abilities. IGN tumbling equipment includes:

- ◆ Ground level trampoline
- ◆ Tumbl Trak (Iowa City location)
- ◆ Rod Floor (Coralville location)
- ◆ Olympic style spring floor
- ◆ Additional training equipment such as wedge mats, skill cushions, and back handspring trainers

Our Tumbling and Trampoline Program is divided into 4 progressive levels: Hummingbirds, Finches, Cardinals, and Peacocks. All students begin in Hummingbirds and progress through the levels. Our curriculum allows our students to move through the classes/levels at their own speed. Multiple levels may be covered in a class, which helps reduce the number of class changes that parents need to make to their busy schedules!

Once the basics are mastered, your child will be able to choose certain skills they want to learn. Your child's teacher will then work preliminary skills and special drills designed specifically to help your child acquire those skills.

## LEVEL DESCRIPTIONS:

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### ◆ Hummingbirds (Purple Feather)

All tumblers will begin their Tumbling & Trampoline journey as Hummingbirds. Students will fly through this level which introduces the basics such as rolls, handstands, cartwheels on floor and basic jumps on trampoline. Once they learn their basics they will move on up to Finches!

### ◆ Finches (Green Feather)

Just like in the wild, our finches are small but mighty! These Finches are developing their kinesthetic awareness and learning how to move their bodies through the air, all the while perfecting and building on their basics! Finches generally take one 60-minute class per week but can progress faster by enrolling in two weekly classes or by adding a gymnastics class.

### ◆ Cardinals (Red Feather)

Next up in the Nest, we have the bold and highly regarded Cardinal! Hard work pays off, as this is the first big step toward flying out of the Recreation class nest to move to our competitive program. These birds have sprouted their wings and can now fly into the Intermediate Tumbling & Trampoline Class! This class meets once a week for 60 minutes, though we recommend adding a 2<sup>nd</sup> class to help students gain even more skills!

### ◆ Peacocks (Multi-color)

Peacocks are strong and proud and at IGN, Peacock status is quite the achievement! Flaunting all the colors they've earned, the peacocks will soar high – there is no limit to what they can learn in this level! Peacocks can choose to stay in this Recreational class or can join our competitive Tumbling & Trampoline Team program. Either way, they will be gaining life skills such as discipline, goal setting, teamwork, in addition to their physical skills. The sky is the limit at Iowa Gym-Nest!



## CLASSES:

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### ◆ Beginner Tumbling & Trampoline | 5-9 years | 1 hour

Our co-ed beginning Tumbling & Trampoline classes offer a positive, fun environment where students are instructed on tumbling and trampolining skills. Students will develop their skills and build their self-esteem with USA Gymnastics certified instructors. Classes last for one-hour and include a warm-up, tumbling, trampoline, and conditioning each class. Students will also work on improving their strength, flexibility, and kinesthetic awareness. Students will begin as Hummingbirds and become Finches before moving to the Intermediate class. Most students take one class each week, but will move along even faster by choosing to take a second Tumbling and Trampoline class or a gymnastics class.

- **Levels covered:** Hummingbirds, Finches
- **Apparel:** Leotard is preferred for girls. Athletic shorts & tucked in shirt for boys. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at time of enrollment)

### ◆ Intermediate Tumbling & Trampoline | 10\* years and up | 1 hour

\* This class will also include any students who are 5-9 years old and have passed both Hummingbirds and Finches.

The Intermediate curriculum includes perfecting basic tumbling & trampolining skills, learning more advanced skills, and combining multiple skills together. Our USA Gymnastics certified instructors will guide the students through a fast-paced class that is fun, yet challenging in a positive, active environment. We encourage students to take 2 classes per week or to add a gymnastics class to help accelerate learning.

- **Levels covered:** Cardinals, Peacocks
- **Apparel:** Leotard is preferred for girls. Athletic shorts & tucked in shirt for boys. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month (1 class/week) | \$156.50/month (2 classes/week)
- **Annual membership:** \$24 (due at time of enrollment)

# DragonSkills – The Art of Ningility

(Co-ed, ages 5 – adult)

The DragonSkills Program is a program like none other. It is fast-paced, co-ed, high energy curriculum that combines swinging, climbing, running, jumping, balancing, tumbling, trampoline, martial arts, and FUN! This is not your typical sports instruction class – the focus in this program is creating an environment where children come first! Quality Dragon instruction will help children feel greater self-esteem, self-worth, and develop a love of physical activity and learning! Every child will feel challenged and valued regardless of level. We believe that every achievement is important, whether big or small, so we provide many opportunities for our Dragons to earn special feathers for passing skills and trophies for passing through entire levels! Our Dragon Classes are divided by age and within the classes we have different skill levels. Dragons will move through the skill levels at their own pace.

## CLASSES:

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### ◆ DragonExplore | 3-4 years | 45 mins

The focus of the DragonExplore class is on developing the basic strength and motor skills to be ready to move on to DragonAdventure when children turn 5. This class will begin with a warm-up (including a song!), then the majority of the class will be run in circuits. This allows the kids to be moving continuously (because standing in lines isn't much fun!). There will be lots of games and adventures while the Dragons are working on social skills, brain building activities, motor skills all while having FUN!

- **Apparel:** Athletic shorts & tucked in shirt. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$69/month
- **Annual membership:** \$24 (due at time of enrollment)

## ◆ DragonAdventure | 5-8 years | 1 hour

In this class, Dragons will build strength, balance, and confidence while making friends in our safe, friendly, and caring environment. There are four Skill Levels that are covered in DragonAdventure: Red, Green, Purple, and Blue. Skills will increase in difficulty as the Dragons adventure through the levels, and Dragons will earn a feather for each of the following sections they pass:

- ◆ Martial Arts
- ◆ Tumbling
- ◆ Swinging
- ◆ Balancing
- ◆ Vaulting
- ◆ Trampoline

- **Levels covered:** Red, Green, Purple, Blue
- **Apparel:** Athletic shorts & tucked in shirt. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month
- **Annual membership:** \$24 (due at time of enrollment)

## ◆ DragonChallenge | 8\* years and up | 1 hour

\* This class will also include any students who are 5-7 years old have passed Red, Green, Purple, and Blue levels.

Bring on the challenge! These Dragons have now built the basic body awareness, strength, and coordination to move onward and upward to more challenging moves and skills! There are eight Skill Levels that are covered in DragonExplore: White, Yellow, Orange, Green, Blue, Gray, Brown, Black. Skills increase progressively in difficulty as Dragons navigate these levels, while along the way earning a feather for each section they pass:

- ◆ Martial Arts
- ◆ Tumbling
- ◆ Swinging
- ◆ Balancing
- ◆ Vaulting
- ◆ Trampoline

- **Levels covered:** White, Yellow, Orange, Green, Blue, Gray, Brown, Black
- **Apparel:** Athletic shorts & tucked in shirt. Socks or bare feet. No skirts, dresses, or tights. Long hair tied up.
- **Tuition:** \$86/month
- **Annual membership:** \$24 (due at time of enrollment)

# C.O.R.S.E. Spectrum – Community Outreach

(Co-ed, all ages)

At Iowa Gym-Nest, we believe in community outreach. Designed by Coach Ryan Pearson, CORSE Spectrum (CORSE stands for Challenging Obstacles Requiring Strength and Endurance) is a weekly changing obstacle course designed specifically for individuals on the Autism spectrum. This program provides a safe opportunity to improve spatial awareness, core strength, balance, sensory integration, communication, class participation, and most importantly, confidence. CORSE Spectrum gives these kids a unique opportunity to interact with other children on and off the spectrum. CORSE is all inclusive and can be fun at any skill level and any age!

Iowa Gym-Nest and Coach Ryan are so proud and overjoyed to have been awarded the Autism Friendly Business Certification from the Autism Society, and we are beyond excited to watch this program benefit as many children as possible! Join Coach Ryan on Sundays from 2:30-3:30 for CORSE Spectrum!

## ◆ CORSE Spectrum | All Ages | 1 hour

- **Apparel:** Comfortable clothes to move around in, socks or bare feet. Long hair tied up.
- **Tuition:** \$69/month
- **Annual membership:** \$24 (due at time of enrollment)

# Tae kwon-Do Program

(ages 5 – 18)

Tae kwon-Do is a Korean martial art that emphasizes jumping and kicking. Like any other art form proficiency is achieved by mastering the basics. Proper attention to correct technique is vital and will prove invaluable at later stages of development. Students will develop strength, power, flexibility, endurance and coordination. Students will learn Tae kwon-Do's core values of courtesy, self-control, self-discipline, perseverance and self-confidence. The goal of our qualified instructors is to provide stimulating and fun instruction without compromising quality and mastery of fundamental techniques.

## CLASSES:

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IGN currently offers two Tae kwon-Do classes, both conducted at the Coralville location.

### ◆ Beginner Tae kwon-Do | 5-7 years | 45 mins

- **Apparel:** Tae kwon-Do uniform, sold at IGN. Long hair tied up.
- **Tuition:** \$69/month
- **Annual membership:** \$24 (due at time of enrollment)

### ◆ Youth Tae kwon-Do | 8 years and up | 1 hour

- **Apparel:** Tae kwon-Do uniform, sold at IGN. Long hair tied up.
- **Tuition:** \$86/month
- **Annual membership:** \$24 (due at time of enrollment)