

Red River Valley Athletics

1602 32nd Avenue South, Grand Forks, ND 58201 - 701-746-2797 - www.rvathletics.org

June 3rd 2024 - August 23rd 2024

*Prices noted are based on a four-week month. Prices may be higher or lower depending on the number of classes in a month.

CLASS	AGE	LENGTH	PRICE/MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GYMBUGS CHILD AND PARENT CLASSES								
Parents will accompany their children to classes as they learn through exploration and moderately structured circuits.								
ANTS	12 Mo. - 18 Mo.	30 Min.	\$35/Month		4:30 PM		11:15 AM 5:15 PM	
BUMBLEBEES	18 Mo. - 2.5 Yrs	45 Min.	\$46/Month	3:15 PM 5:45 PM	9:00 AM 4:00 PM	5:15 PM	2:45 PM	8:45 AM
CATERPILLARS	2.5 Yrs - 3.5 Yrs	45 Min.	\$46/Month	5:30 PM	6:00 PM	3:00 PM 4:30 PM	9:45 AM 6:15 PM	9:30 AM
GYMBUGS PRESCHOOL CLASSES								
Children ages 3-4 learn the basics of gymnastics in a fun and friendly environment created just for their size!								
BUTTERFLIES	3 Years	45 Min.	\$46/Month	2:30 PM 4:00 PM 6:15 PM	9:45 AM 2:30 PM 3:45 PM	3:30 PM 3:45 PM 6:15 PM	10:30 AM 3:30 PM 4:15 PM 5:30 PM	10:30 AM
DRAGONFLIES	4 Years	45 Min.	\$46/Month	2:45 PM 4:30 PM 5:00 PM	10:30 AM 3:15 PM 6:15 PM	4:15 PM 5:30 PM	9:00 AM 4:30 PM	11:15 AM
GYMBUGS TRANSITIONAL CLASSES								
Classes for 5 year olds to transition from preschool to rec. Children get to use equipment upstairs and downstairs!								
LADYBUGS (GIRLS)	5 Years	60 Min.	\$58/Month	3:30 PM	5:00 PM 5:15 PM	2:30 PM 6:00 PM	3:15 PM 5:45 PM	
GRASSHOPPERS (BOYS)	5 Years	60 Min.	\$58/Month				6:00 PM	
GIRLS RECREATIONAL GYMNASTIC CLASSES								
Ages 6+ of all abilities learn gymnastics skills on lots of different and fun equipment. We have a class for everyone in our recreational program!								
BEGINNER 1	6 - 8 Years	60 Min.	\$58/Month	2:45 PM 3:00 PM 6:00 PM	3:30 PM	2:45 PM 3:45 PM 5:00 PM	4:30 PM	8:45 AM
BEGINNER 2	6 - 8 Years	60 Min.	\$58/Month	3:45 PM	4:30 PM	4:30 PM 6:00 PM	3:30 PM	9:45 AM
BEGINNER 9+	9+ Years	60 Min.	\$58/Month	4:00 PM			5:45 PM	
BEGINNER 9+ 2	9+ Years	60 Min.	\$58/Month		5:45 PM	3:30 PM		
INTERMEDIATE 1	6 - 8 Years	90 Min.	\$75/Month	5:15 PM			3:45 PM	
INTERMEDIATE 9+	9+ Years	90 Min.	\$75/Month		3:45 PM		5:30 PM	
INTERMEDIATE 2	6+ Years	90 Min.	\$75/Month		5:30 PM			
BOYS RECREATIONAL GYMNASTIC CLASSES								
Boys ages 6+ of all abilities to learn gymnastics on the boys equipment.								
BOYS BEGINNER	6+ Years	60 Min.	\$58/Month		6:00 PM			
BOYS INTERMEDIATE	6+ Years	90 Min.	\$75/Month			3:00 PM		
TRAMP & TUMBLE CLASSES								
Boys and Girls ages 6+ of all abilities to learn tramp and tumbling skills.								
TRAMP & TUMBLE 1	6 - 8 Years	60 Min.	\$58/Month	5:00 PM				11:00 AM
TRAMP & TUMBLE 2	6 - 8 Years	60 Min.	\$58/Month			5:45 PM		
TRAMP & TUMBLE 9+	9+ Years	60 Min.	\$58/Month		4:00 PM			
NINJA CLASSES								
Boys and Girls ages 4+ of all abilities gain endurance, strength, and character through obstacles and free movement.								
LIL' NINJA BOYS	4 - 5 Years	45 Min.	\$60/Month	2:30 PM	4:15 PM 6:15 PM	9:45 AM 3:15 PM 6:15 PM	4:15 PM	8:30 AM 10:15 AM
LIL' NINJA GIRLS	4 - 5 Years	45 Min.	\$60/Month		2:30 PM 5:15 PM	9:00 AM	6:15 PM	
BOYS WHITE 1	6 - 8 Years	60 Min.	\$66/Month		6:00 PM	10:45 AM 5:15 PM	3:15 PM	9:15 AM
BOYS WHITE 2	9+ Years	60 Min.	\$66/Month			5:30 PM		
GIRLS WHITE	6+ Years	60 Min.	\$66/Month		3:15 PM	4:00 PM		
BOYS YELLOW *Must pass white level*	6 - 8 Years	60 Min.	\$66/Month	3:15 PM	5:00 PM			11:00 AM
GIRLS YELLOW *Must pass white level*	6+ Years	60 Min.	\$66/Month				5:15 PM	
BOYS & GIRLS GREEN *Must pass yellow level*	6+ Years	60 Min.	\$66/Month	4:30 PM		4:15 PM		
BOYS & GIRLS BLUE *Must pass green level*	6+ Years	90 Min.	\$83/Month	5:30 PM				