

Red River Valley Athletics

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

September 5th 2023 - May 4th 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	SATURDAY
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			6:15 PM	10:45 AM		11:15 AM
BUMBLEBEES	18 Mo. - 2.5 Yrs	45 Min.	\$46/Month	4:45 PM	4:15 PM 6:00 PM 6:15 PM	4:15 PM	9:45 AM 6:30 PM	3:45 PM 5:30 PM	8:45 AM 10:30 AM
CATERPILLARS	2.5 Yrs - 3.5 Yrs	45 Min.	\$46/Month	5:45 PM	9:45 AM 3:30 PM 5:15 PM		4:00 PM 5:45 PM	9:00 AM 4:30 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	4:00 PM 6:30 PM	10:45 AM 3:45 PM 4:00 PM 6:45 PM	3:45 PM 5:15 PM 6:45 PM	9:00 AM 4:45 PM 5:30 PM	9:45 PM 4:15 PM 6:15 PM	8:30 AM 10:15 AM
DRAGONFLIES	4 Years	45 Min.	\$46/Month	4:30 PM 5:30 PM	9:00 AM 4:30 PM 5:00 PM	3:30 PM 4:30 PM 6:30 PM	4:30 PM	10:45 PM 3:30 PM 5:15 PM	9:15 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 6:15 PM	5:30 PM 6:30 PM	5:30 PM	3:30 PM 6:15 PM	6:00 PM	11:00 AM
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+ Years	60 Min.	\$58/Month	4:30 PM 4:45 PM 6:45 PM	3:30 PM	3:30 PM 4:00 PM 6:30 PM	5:45 PM	3:30 PM 5:45 PM	8:45 AM
BEGINNER 2	6+ Years	60 Min.	\$58/Month	3:30 PM	4:30 PM 6:45 PM	4:30 PM 5:15 PM 6:45 PM	3:30 PM 6:45 PM	4:30 PM	9:45 AM
BEGINNER 9+	9+ Years	60 Min.	\$58/Month		5:45 PM		4:30 PM		
BEGINNER 9+ 2	9+ Years	60 Min.	\$58/Month			5:45 PM		4:15 PM	
INTERMEDIATE 1	6 - 8 Years	90 Min.	\$75/Month		3:45 PM		6:00 PM	5:30 PM	
INTERMEDIATE 9+	9+ Years	90 Min.	\$75/Month	6:00 PM		3:45 PM	4:15 PM		
INTERMEDIATE 2	6+ Years	90 Min.	\$75/Month		5:30 PM	6:30 PM			
BOYS RECREATIONAL GYMNASTIC CLASSES									
Boys ages 6+ of all abilities to learn gymnastics on the boys equipment.									
BOYS BEGINNER	6 - 8 Years	60 Min.	\$58/Month				3:45 PM		
BOYS BEGINNER 9+	9+ Years	60 Min.	\$58/Month				4:45 PM		
BOYS INTERMEDIATE	6+ Years	90 Min.	\$75/Month		5:15 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	5:45 PM	4:00 PM				11:00 AM
TRAMP & TUMBLE 2	6 - 8 Years	60 Min.	\$58/Month		7:00 PM				
TRAMP & TUMBLE GIRLS 9+	9+ Years	60 Min.	\$58/Month			5:30 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	3:15 PM 5:30 PM	3:15 PM 4:00 PM	5:00 PM 5:15 PM 6:15 PM	2:30 PM 4:00 PM	3:15 PM 5:15 PM	8:30 AM 11:15 AM
LIL' NINJA GIRLS	4 - 5 Years	45 Min.	\$60/Month	6:15 PM			3:15 PM		9:15 AM
BOYS WHITE 1	6 - 8 Years	60 Min.	\$66/Month		6:00 PM			4:00 PM	10:15 AM
BOYS WHITE 2	9+ Years	60 Min.	\$66/Month				6:00 PM		
GIRLS WHITE 1	6 - 8 Years	60 Min.	\$66/Month	4:00 PM					
BOYS YELLOW *Must pass white level*	6+ Years	60 Min.	\$66/Month	5:15 PM	4:45 PM	4:00 PM		6:00 PM	
GIRLS YELLOW *Must pass white level*	6+ Years	60 Min.	\$66/Month				5:00 PM		
BOYS & GIRLS GREEN *Must pass yellow level*	6+ Years	60 Min.	\$66/Month	7:00 PM		6:00 PM 7:00 PM			
BOYS & GIRLS BLUE *Must pass green level*	6+ Years	90 Min.	\$83/Month	6:30 PM					