

For those that want MORE than just recreational classes.

# Rock Solid CLUB TEAM

BY  
invitation  
ONLY

## What and Why Club Team

Does your gymnast want to expand their participation in the sport of gymnastics and be a part of a TEAM?

Club Team provides an opportunity for our intermediate to advanced athletes to successfully experience the RSA team and competitive environment without the commitment of the Travel Team.

These athletes will still be on track for the travel team as their skills and desire increase.

Only by Special Invitation from our recreation program.

## Commitment Sessions

August thru December

January thru May

Summer for Girls AA  
Choice of SUM1 and/or SUM2

## Competitions

In-House Competitions  
2 in the fall and 2 in the spring

Dates and Times TBA and will go along with RSA meets/ events in the following months.

October December  
March April

\$25 per competition entry  
(no cost to spectators)

## Uniform

\$60

Girls Leotard  
Boys Shirt&Shorts

May purchase TEAM SWAG

## Girls' All Around

### Girl's Club Team Details

3 hours & 15 minutes of training

Club Team Workout

Wednesdays

4:00-6:00summer

5:30-7:30fall/spring

strength & conditioning  
routine work (levels 1-3)  
skill building  
team building

+ 1 girls' gym rec class

Your Choice

\*for summer choose any rec class

\*for fall/spring any class after 5:15

skill building

wear team leotard

makeups possible

### Financial Obligations

\$236 per month

Annual Family Reg fee

## COED T&T

### T&T Club Team Details

2 hours & 40 minutes of training

Club Team Workout fall/spring

Wednesdays 5:30 - 7:15

strength & conditioning  
routine work (levels 1-3)  
skill building  
team building

+ 1 T&T rec class

Your Choice

skill building

wear team attire

makeups possible

### Financial Obligations

\$189 per month

Annual Family Reg fee

## Boys' All Around

TBA

## To Register

Use the WebStore and find the Program at the bottom.