

Nasser Gymnastics & Cheerleading

Motto: Inspire Dreams. Motivate Champions.

3055 Old Shell Road Mobile, AL 36607 • 251-479-9311

Website: www.nassergym.net • Email: nassergym@yahoo.com

****CLASSES WITH A STAR (*) ARE CURRENTLY OFFERED****

We would LOVE to open a class for you, just ask!
A class can be opened with as few as 3 students enrolled.

Fall Schedule 2018



Indoor Playground, only \$6 per drop in

Indoor Playground is for all ages. Come on in and burn off some energy!

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Open gym for all ages			Check Facebook			

Parent/Tot Program (16 months - 3 years old)

Parent/Tot Program is for the tiny gymnast and their biggest fan! One parent/guardian is required on the floor with the child.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
16 Months - 35 Months :45 minute class time	5:30-6:15*		9:30-10:15 1:15-2:00	5:30-6:15*		9:30-10:15*

Little and Big Dippers (3-5 years old)

Little and Big Dippers are for Pre-Schoolers ages 3-5. They will learn how to tumble their way to the gold!

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 hour class time	3:30-4:30* 4:30-5:30* 5:30-6:30* 6:30-7:30	3:30-4:30* 4:30-5:30* 5:30-6:30*	10:30-11:30 1:15-2:15 3:30-4:30* 4:30-5:30* 5:30-6:30*	3:30-4:30* 4:30-5:30* 5:30-6:30*		9:30-10:30*

Shining and Shooting Stars (Girls ages 6 and up)

Shining and Shooting Stars are for beginner girls ages 6 and up that are eager to learn! They will start learning how to flip on all four events like the girls in the Olympics.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 hour class time	3:30-4:30* 4:30-5:30* 5:30-6:30* 6:30-7:30	3:30-4:30* 4:30-5:30* 5:30-6:30	1:15-2:15 3:30-4:30* 4:30-5:30* 5:30-6:30* 6:30-7:30	3:30-4:30* 4:30-5:30* 6:30-7:30		10:30-11:30*

Boys Program (Boys ages 6 & up)

The Boys program is a constructive way to burn off energy while gaining strength, discipline, and agility!

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Beginner			5:30-6:30*	3:30-4:30		
Advanced			6:30-7:30			

Tumbling/Cheer Program (ages 5 & up)

The Tumble/Cheer program is for athletes who want to learn tumbling and floor work only.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Tumbling	6:30-7:30	3:30-4:30*	3:30-4:30*	5:30-6:30*		
Advanced				6:30-7:30		
Team Tumbling					3:30-4:30*	

Teenage & Adult Program (16 years & up)

The Teenage and Adult program is for beginner to advanced individuals who want to learn or improve their gymnastics skills.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 hour class time			6:30-7:30			

Girls Team Program (by evaluation only)

The Girls Team programs are for advanced gymnasts who show off their amazing talents at competitions.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Little Stars (Pre-Team)		5:30-7:00*	AND/OR	3:30-5:00*		
Level 1	4:30-6:30*		4:30-6:30*	5:30-7:30*	4:30-6:30*	
Level 2		4:30-7:00*	4:30-7:00*		4:30-7:00*	
Level 3	4:30-7:30*		4:30-7:30*		4:30-7:30*	
Levels 4		4:30-7:30*		4:30-7:30*	4:30-7:30*	
Levels 5 & 6	3:30-7:30*		3:30-7:30*		4:30-7:30*	
Team Dance			5:30-6:30*			

"Nasser at Night" Open Gym, only \$12 per drop in

Night open gym is to practice anything you want to work on.

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Ages 7 & up		6:00-7:30*				

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PRICES

Monthly Tuition Rates

Morning open gym	:45 gym time	\$6 per drop in		
Night open gym	:90 gym time	\$12 per drop in		
			Trial class	
:45 minute class	1 class per week	\$62 per month	\$17	
	2 classes per week	\$92 per month		
:60 minute class	1 class per week/ 4 hours per month	\$72 per month	\$19	
	2 classes per week/ 8 hours per month	\$120 per month		
	3 classes per week/ 12 hours per month	\$145 per month		
	4 classes per week/ 16 hours per month	\$158 per month		
:90 minute class	1 class per week	\$92 per month	\$24	
	2 classes per week	\$145 per month		

Additional children, within the same house hold, receive \$5.00 off monthly tuition.
 Trial class fees go toward monthly tuition when enrolled in the same month.
 Cash or credit card ONLY for Trial class payment

Annual Membership Fees

\$40 for one participant
 \$75 for two participants
 \$100 for three participants



Private Lessons

:30 minute	\$30	one person	\$40 total	two people	\$20 each
:45 minute	\$40	one person	\$52 total	two people	\$26 each
:60 minute	\$50	one person	\$64 total	two people	\$32 each

For more information on our classes, visit www.nassergym.net