



TRC Gymnastics Programs

Kinder and Preschool gymnastics

Children 3 to 5 years old. Wonderful instructors utilize equipment specifically designed for the development of gross motor skills. Your child will develop hand-eye coordination, language skills, strength, flexibility, gym skills and self-confidence.

Girls Gymnastics

At T.R.C. we offer an innovative and complete gymnastics program for all participants between the ages of 6 and 13 years. Each class offers instruction on all four Olympic events. Strength, flexibility, and coordination skills are also incorporated into our program. Our U.S.A.G. Certified instructors guide your child through progressive and challenging lessons in a safe environment.

Boys Gymnastics

Our boys' program is available to boys, ages 4 to 8 years. Our boy's gymnastics program provides a challenging, fun and healthy foundation for any physical activity.

Competitive Programs

These invitation-only programs are designed to develop competitive athletes. It is our goal to develop strong, healthy gymnasts through consistency, positive reinforcement, goal setting, team spirit and the joy of flipping freely in air.

10% Military Discount

We are proud of and thankful for our military. We offer this discount to all active military families.

TRC Fees and Closures

45	min.	per week	\$116.00
1	hour	per week	\$126.00
1.5	hours	per week	\$200.00
2	hours	per week	\$240.00
3	hours	per week	\$288.00

Private lessons

\$70.00 per hr. (one person),
\$90.00 per hr. (two) and \$100.00 hr. (three)

Registration Fees

An annual registration fee of \$50 is due during the anniversary month of each student's original enrollment date.

Late Payments

A late fee of \$10 will be assessed to all non-current accounts after the 10th of each month.

TRC Closures

Nov 24th – Nov 26th, 2022 (Thanksgiving)

Dec 24th – Dec 31st, 2022 (Winter Break)

April 3rd – April 8th, 2023 (Spring Break)

May 29th, 2023 (Memorial Day)

July 3rd – July 8th (Summer Break)

Aug 28th – Sept 2nd (Fall Break)

2023 Recreational Gymnastics Camps

April 3rd – April 7th (Open Gym Days)

June 26th – June 30th (5 day camp)

July 3rd – July 7th (3 day camp)

July 24th – July 28th (5 day camp)

Aug 7th – Aug 11th (5 day camp)

2023 Team Only at TRC South

July 17th – July 21st

TRC Solana Beach
722 Genevieve St, Suite L
Solana Bch, CA 92075
(858) 481-4966

TRC South
6474 Nancy Ridge Dr.
San Diego, CA 92121
(858) 638-1455

www.trcgymnastics.com

Things to know at TRC

Attire

Proper attire is required for all participants. Acceptable attire for girls includes leotards, footless tights, and/or tightly fitting T - shirts. Baggy clothing is acceptable for warm-up purposes, but students will be asked to remove such clothing in situations where it impedes either the instructor's ability to aid the gymnast or the gymnast's ability to perform particular skills safely and/or properly.



Hair

All students are required to have hair pulled back from the face (preferably in 1 to 2 ponytails or braided in some fashion). This allows the student to perform skills more safely.

Personal Items

Personal items should be stored in the cubbies during class time. However, we advise against T.R.C. patrons storing valuables in the cubbies. Items of value should be left at home, with parents, or with receptionist at the front desk.

Tardiness

Warm-ups are a crucial and mandatory component of every instructional period. Any student arriving more than 10 minutes late for the 15-minute group warm-up will usually be denied participation.

Make-up policy and Prorating

We do not offer make-ups due to missed classes. However, during the months of June, July, August and December we offer all enrollees a chance to "double your fun"! This means that if you are enrolled for one class a week; you can come for two! Likewise, if you are enrolled for two, you can come for four. This is open to all enrolled Pre-School, Recreational, & Cheerleading/ Tumbling gymnasts. In order to take advantage of this opportunity, you must call two days prior to the desired class to reserve your spot.